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CONTRIBUTED

PM takes stand on foreign buyers

ELECTION 2015

City's housing advocates say other parties should follow

Emily Jackson
Metro | Vancouver

Affordable housing advocates in Vancouver are calling on all federal parties to match Prime Minister Stephen Harper's promise to collect data on foreign buyers in Canada's housing market, a pledge he announced in North Vancouver on Wednesday.

#DontHave1Million campaign organizer Eveline Xia was surprised by Harper's announcement, which acknowledged the need for data to figure out if foreign buyers are actually driving up housing prices and making it unaffordable for locals to enter the real-estate market.

"I think he's thrown the gauntlet down and he's definitely injected the affordable-housing debate that's been raging in Vancouver into the federal election," Xia said after the speech in which Harper pledged $500,000 for data collection.

"The other federal candidates should match this promise … collecting data should not be a partisan issue."

Xia, who started the hashtag about the plight of young professionals who can't afford to stay in Vancouver, has long argued it's impossible to make policy decisions without data on who is buying, where the money is coming from and whether homes are being purchased as investments and left empty.

The federal Liberals and NDP did not respond to emails, asking whether they would match the prime minister's promise, by Metro's deadline.

While Vancouver's city council has passed motions asking senior governments to collect data on foreign real estate buyers, governing party Vision Vancouver was less enthusiastic about Harper's announcement even though it gives them what they want.

Coun. Kerry Jang — who spoke in place of Mayor Gregor Robertson, who is on vacation — called the announcement a "distraction" from the real problem: Creating more affordable housing in a city with near zero vacancy rates.

"Collecting data is fine and good," Jang said. "We're happy with the fact that the federal government wants to collect data. But what's more important to me is what are you going to do with it?"

Jang noted the Conservatives have gotten out of the housing game and made no promises for building co-op housing or supportive housing for people with mental illnesses. The city is asking for a real national housing program, which only the NDP has really offered so far, Jang said.

Jang also criticized the government's record on data, noting they trashed the long-form census and ignore data that shows Insite is working.

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Unsanctioned street party draws ire from councillor

COMMERCIAL DRIVE

Thousands of people planning to attend event

Emily Jackson
Metro | Vancouver

An unsanctioned street party expected to attract more than 4,000 people to Commercial Drive next weekend is drawing ire from a Vancouver councillor since the anonymous organizers refuse to apply for permits for the event or pay for policing costs.

Non-Partisan Association Coun. Melissa DeGenova said Wednesday it's "completely unfair" that the group that calls itself Vancity Mayday isn't going through the proper channels for its Aug. 21 event at Grandview Park, while non-profit groups such as Car Free Day must complete the rigorous city permit process and pay fees.

"This is an unfortunate situation that this group has put the city and the police in," DeGenova said, noting taxpayers will end up footing the bill for traffic control and policing.

She also blames Vision Vancouver for not having a plan for unsanctioned events in general: "I don't see our mayor coming out and saying it's not OK."

In an email interview (the anonymous organizers would not speak on the phone), the group said their inspiration for the event comes from a desire for a free, accessible celebration.

It also wants to challenge the city's "insistence on charging money for permits to use public space and the VPD's threat of going after organizers of unsanctioned events."

Thousands attended a similar dance party held by the same group in May.

"We heard from many people that they had never experienced such a joyful, communal atmosphere in all of their time spent in Vancouver, a city notorious for the isolation experienced by its residents."

But Vancouver police spokesman Sgt. Randy Fincham described the May event as "violent."

There was damage to a police car and property, a large amount of litter and people used front yards as bathrooms, Fincham said, adding that some residents were afraid to leave their homes.

There was also a stabbing, but it cannot be directly linked to the party, he said.

Police have reached out to the organizers to try to arrange assistance in advance, Fincham said, but the group has deleted the posts from police on its Facebook page.

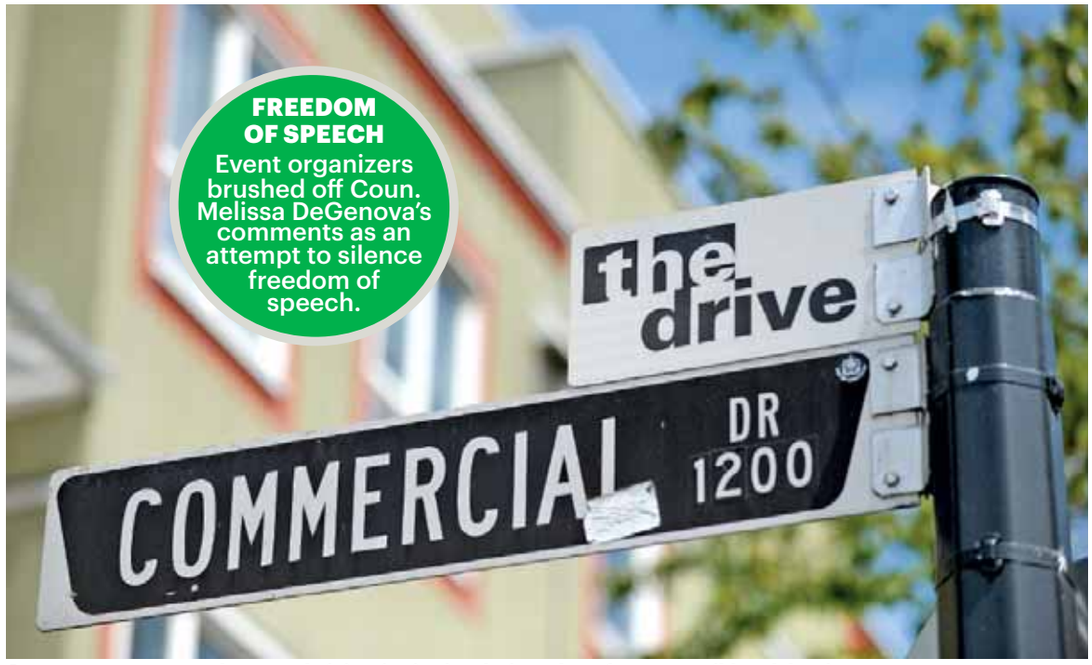
"Our concern is obviously that event is held in a safe matter," said Fincham, who described it as "a demonstration or protest under the guise of a street party."

"It required a significantly large police presence to bring the event under control last May. We expect to have another police presence there."

But organizers blame the violence in May on the police.

"We are also taxpayers with a strong belief in our unalienable right to use public space for recreational and political means," they wrote. "Public resources should be available to everyone, not just those with the economic capabilities to pay exorbitant amounts of money for event permits."

As for toilets, organizers say they're fundraising to provide additional facilities.



FREEDOM OF SPEECH
Event organizers brushed off Coun. Melissa DeGenova's comments as an attempt to silence freedom of speech.

Anonymous group members say their inspiration is a desire to have free, accessible celebration. JENNIFER GAUTHIER/FOR METRO

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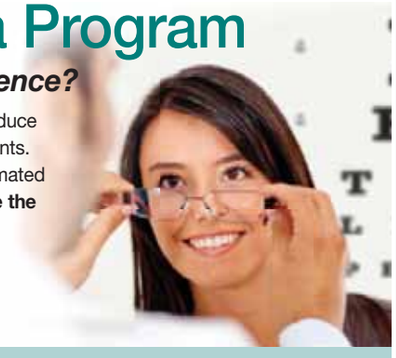

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Couple want their blind pit bull to go muzzle-free

RICHMOND

Birds request animal control bylaw change for their dog

Thandi Fletcher
Metro | Vancouver

When Leanne and Shaun Bird watch their dog Peanut play at the park, the Richmond couple sometimes forget the three-year-old pit bull is completely blind — until they have to strap on her muzzle.

"It's heartbreaking to watch her struggle," Leanne told Metro. "(The muzzle) is already affecting her quality of life negatively because she is injuring herself. She's walking into walls, falling down stairs."

Peanut was born with progressive retinal atrophy, an inherited disease that caused her to become blind before she even reached her second birthday. Despite her disability, her owners said the Staffordshire Bull -Terrier mix has learned to navigate remarkably well using only her snout and whiskers.

"If she's been to a place once and she's had a chance to map it out, it's unbelievable," said Shaun. "People are always telling us she's not blind. She has us questioning it, too, because of how well she gets around."

However, because Peanut lives within the city of Richmond, the dog is required to wear a muzzle. According to city's animal control bylaw, pit bull-type breeds are deemed dangerous dogs and need to be muzzled in public at all times.

Leanne and Shaun Bird give a hug to their blind dog, Peanut. CONTRIBUTED

On Monday, Leanne launched an online petition calling for the city to revise its current breed-specific legislation to allow Peanut and other pit bull-type breeds that have proven themselves to be well-behaved to be able to walk muzzle-free.

The couple already appealed to city council to have the bylaw amended earlier this year but were denied.

Leanne said wearing a muzzle significantly affects Peanut's ability to use her whiskers to navigate her way around.

> **(The muzzle) is already affecting her quality of life negatively because she is injuring herself. She's walking into walls, falling down stairs.**
> Leanne Bird, one of Peanut's owners

She said the dog is able to feel wind through her incredibly sensitive whiskers and determine if she's close to hitting an object. Peanut also often walks with her nose to the ground so she can feel if there is a step, she said.

"The whiskers are so important," she said. "It's just fully not there when she's got that muzzle on."

Leanne said she wants the city to allow owners of pit bull-type breeds to be able to prove their pets are good-natured by putting their animals through the Canadian Kennel Club's Canine Good Neighbour Program.

Dogs in the program must successfully complete a strict 12-step test to demonstrate that they are not aggressive before they receive certification.

Leanne said she hopes the petition, which has already garnered more than 1,300 signatures, will convince the city to revisit its animal control bylaw.

"If there's enough of us out there, then maybe the city will take a closer look at it," she said. "We just want what's best for Peanut."

OUSTED

Liberal hopeful denies CV lies

A two-time former Liberal candidate disqualified from a nomination race in B.C. is rejecting allegations she "misrepresented" her resume in her candidacy application.

Wendy Yuan received word late last week that she had been barred from running in the new Vancouver-area federal riding of Steveston-Richmond East, prompting all but one of the district's Liberal constituency association executives to step down in protest. The lone executive not to follow suit was reported to be on vacation.

> **My life is an open book.**
> Wendy Yuan

Yuan denied misrepresenting any information in her application. "I was green-lit twice, don't forget — everything was the same, nothing differed," she said in an interview on Wednesday. "My life is an open book. I've run for public office three times."

A Liberal party source told The Canadian Press that Yuan's application was stopped partway through the vetting process after it became apparent she had allegedly misrepresented elements of her resume.

Yuan said she hoped the party wasn't trying to shift the focus away from the real reason for her disqualification. She said she brought up concerns with the party over what she called questionable fundraising techniques used by former Liberal MP Raymond Chan, which she believes may have played a role in her nomination upset.

THE CANADIAN PRESS

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Corridor clash continues

RAIL

City takes fight over Arbutus line to regulator

Emily Jackson
Metro | Vancouver

The City of Vancouver is trying another tactic in its thus far futile attempt to stop CP Rail from resuming operations on the Arbutus corridor.

The city filed an application with the Canadian Transportation Agency last week to effectively ask it to stop the railway from running trains along the 11-kilometre stretch through Vancouver's tony west side.

A train hasn't run on the tracks since 2001, but CP intends to start using it again to store cars after failed negotiations with the city over selling the land. Last summer the railway bulldozed beloved public gardens and sent crews to get the tracks back up to snuff, but the city wouldn't budge on its offer price of around $20 million. CP wants $100 million.

The city's latest arguments — its lawsuit trying to stop the reactivation failed earlier this year — are based on the Canadian Transportation Act. It's trying to nail CP on two procedural steps.

It argues that CP effectively abandoned the railway in 2001 without taking the proper steps to discontinue it and that it was required to sell the corridor to governments at its net salvage value back in 2004.

The city doesn't want CP to start using the line again because it says there are too many safety risks due to old rail infrastructure, outdated crossing lights and signals at 18 of the 50 crossings and 15 years of public use. It believes reactivating the line could snare traffic.

But CP owns the land and can legally use it as a rail corridor. CP has been working to return it to operating standards, spokesman Martin Cej said in an email Wednesday.

Cej said CP has discussed an option for the city to get the land "without any cost to taxpayers" but the city has refused them all.

CP had no comment on the CTA application.

The CTA is reviewing the city's application, but it does not comment on ongoing cases, spokeswoman Angela Ebsworth said in an email Wednesday. There is no time frame for a decision.

The Arbutus corridor in Vancouver hasn't been used since 2001, but CP wants to resurrect it. JENNIFER GAUTHIER/FOR METRO

18

The number of crossings the city says are unsafe due to outdated lights and signals.

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SPCA

Dozens of animals seized in Surrey

Thandi Fletcher
Metro | Vancouver

The BC SPCA seized 35 dogs, 16 horses and six cats from a property in Surrey on Tuesday after complaints of animal neglect.

BC SPCA chief prevention and enforcement officer Marcie Moriarty said the animals were suffering from various states of severe malnutrition and were kept in substandard living conditions without proper success to water, food or shelter.

She said the animals were taken to the Vancouver SPCA shelter and hospital for examination before being triaged to SPCA shelters throughout Metro Vancouver.

Moriarty said the large seizure of animals puts a strain on the SPCA's financial and staff resources. Treatment and care for the animals is expected to cost about $20,000, she said.

Anyone who would like to help support the animals is asked to make a donation to the BC SPCA.

One of 35 dogs taken by the BC SPCA from a Surrey property on Tuesday after receiving complaints of neglect. CONTRIBUTED

IN BRIEF

Mom in child sex-abuse case doesn't want private information shared

British Columbia's privacy commissioner is looking into whether personal information about a family involved in a child sexual abuse case has been shared.

The mother — identified as C.P.A. in court documents — won a lawsuit against the province after social workers let her estranged husband molest their toddler in foster care.

The government is to appeal.

THE CANADIAN PRESS

Restaurants ordered to cook all oysters as bacterial illness spreads

Vancouver Coastal Health has asked restaurants to take increased precautions when serving oysters as more illnesses are reported.

Public health has ordered eateries to cook all oysters harvested from B.C. waters and to only serve oysters from outside the province raw.

The order was issued in response to a naturally occurring bacterium found in B.C.'s coastal waters that causes a gastrointestinal illness. THE CANADIAN PRESS

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UBC breakthrough could help limit spread of brain cancer

SCIENCE

Researchers hope to make treatments more effective

Matt Kieltyka
Metro | Vancouver

New research into how one type of brain cancer invades healthy cells and spreads could one day help patients survive the disease, according to University of British Columbia researchers.

Professor Christian Naus and his team at the university's department of cellular and physiological sciences recently published three papers that show how glioma cells — the most aggressive of adult brain cancers — use small genetic molecules called microRNAs to reprogram supporting cells called astrocytes to help the tumour spread.

"It creates a pathway for the cancer to invade more brain cells," said Naus.

While most research into glioma has focused on the cancer cells themselves, Naus's work is the first in understanding how the cancer affects healthy parts of the brain to facilitate its spread.

He hopes that by understanding the nature of the disease, glioma patients will one day be able to receive more effective treatment.

"We'd like to follow up on this basic discovery and develop a therapeutic approach," he said. "The challenge with this particular cancer has always been around the surgery. It is hard to remove the tumour without damaging a lot of core functions of the brain."

The remaining cells can regrow despite chemo- and radiotherapies.

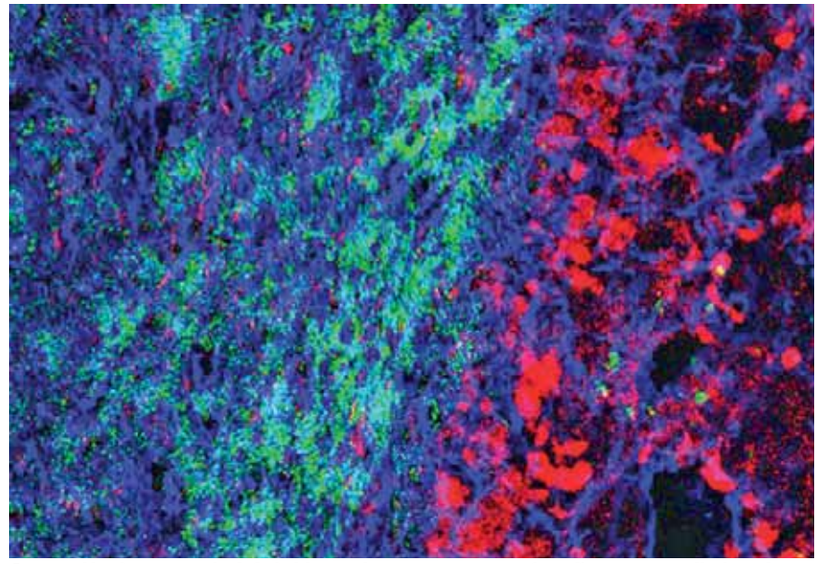
But being able to stop the cancer from hijacking healthy brain cells and spreading could help supplement current glioma treatments and make them more effective.

While all cancers share similar characteristics, Naus said "cancer" encapsulates many different diseases.

Learning more about specific ones through research and developing personalized treatments has made a big difference with many types of cancers, and Naus hopes that will one day apply to glioma patients as well.

"There's a tremendous amount of cancer research going on. There is so much being published that it's hard to keep up with all the work," he said.

But the breakthroughs that come out of the research is "where you see the success stories," he said.



A normal brain area on the left, in blue and green, encounters invading cancer cells, in red. Studying how cancer cells interact with normal cells is key to understanding ways to prevent invasion and metastasis of cancer cells. UBC/CONTRIBUTED

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TRANS MOUNTAIN PIPELINE

Company given 145 conditions by NEB

The National Energy Board has issued 145 draft conditions that Kinder Morgan must meet if its Trans Mountain pipeline expansion is approved, including increased consultation with First Nations and upgrading its emergency response.

The sweeping requirements were released Wednesday, the same day 35 participants in the board's review said they were dropping out of a "biased" and "unfair" process.

The conditions — which could be changed after NEB hearings — stipulate that various plans be filed, including on air emissions, risks to endangered species and environmental protection during construction.

> **It's a joke. It doesn't address our concerns that we brought up.**
> Rueben George, Tsleil-Waututh Nation

Many conditions touch on aboriginal consultation. The company must file reports about its discussions with First Nations every six months until operations begin and then annually for five years.

Rueben George of the Tsleil-Waututh Nation said more consultation does nothing to mitigate the risks to his people or their land along the Burrard Inlet in North Vancouver.

"It's a joke," said George, a band member who runs an initiative opposing the pipeline. "It doesn't address our concerns that we brought up."

George said none of the requirements address an independent review released by the nation in May. It concluded that a major spill could kill as many as 500,000 birds and foul up to 25 kilometres of shoreline. The Tsleil-Waututh then voted to oppose the pipeline.

Kinder Morgan's $5.4-billion proposal would triple the bitumen-carrying capacity of the Trans Mountain line, with almost 1,000 kilometres of new pipe between Edmonton and Metro Vancouver. The number of tankers in Burrard Inlet each month would increase to 34 from five.

Lesly Matthews, the regulatory lead for the Trans Mountain expansion project, said the company will review the conditions and submit comments to the board next week.

The board also wants Kinder Morgan to outline how it would consult with various governments and First Nations on improving its emergency-response program.

Wednesday's conditions expand on and revise 64 requirements first released last year.

The City of Vancouver will be among the interested parties expected to comment during hearings in September.

Earlier Wednesday, the Wilderness Committee and the Canadian Parks and Wilderness Society, along with 33 citizens, sent a letter to the board withdrawing from the review because climate change was not considered and citizens wanting to participate were shut out. THE CANADIAN PRESS

'Dumped' python headed to shelter

ANIMAL WELFARE

Student went looking for missing snakes and found two

Thandi Fletcher
Metro | Vancouver

A ball python spotted on Burnaby Mountain earlier this week has been found and will be taken to a rescue shelter.

Simon Fraser University psychology student Marissa Bowsfield says she found an adult ball python near Horizons Restaurant on Tuesday evening. She plans to take the reptile, which she said appeared to be healthy and in good condition, to the Urban Safari Rescue Society in Surrey on Thursday morning.

"I figured I should probably take it to a rescue," she told Metro. "I knew it wouldn't survive on its own."

She says the snake matches the description of a three-foot ball python spotted by City of Burnaby parks staff the day before.

Bowsfield, who said she is interested in animal welfare, heard about missing snakes and decided to look for them.

The snake is the second one Bowsfield has found on Burnaby Mountain in recent weeks. On July 19, she found a much smaller ball python that she said seemed to be in poor health.

She took that python to the rescue society and has been told the snake is doing much better, she said.

A request for comment about the snakes' condition from the Urban Safari Rescue Society was not immediately returned Wednesday.

Two baby ball pythons were also found dead on the mountain last month. Val Lofvendahl, founder of the Reptile Rescue Adoptions and Education Society in Richmond who found those snakes, said she suspects a breeder dumped them.

As an animal lover, Bowsfield said she was sad to hear the pet snakes had likely been dumped by their owner.

"It's unfortunate that it happens," she said.

"It's very sad that people feel the need to first get exotic pets and then shirk their responsibilities when they become too much for them."

Marissa Bowsfield holds a ball python she found on Burnaby Mountain on Tuesday. CONTRIBUTED

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Facing fears at Haunted House

BACKSTAGE PASS

Show guides small groups through Barclay mansion

Graeme McRanor
For Metro | Vancouver

What scares you? I mean, what really scares you?

Is it dog-paddling across deep, dark seas? Inching across the wobbly suspension bridge in Lynn Valley? Letting it all hang out on stage?

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We all have things that, on some level, cause fear. Many of us carefully avoid said things, for obvious reasons.

Others, like the seven young performers featured in Haunted House, confront them.

Produced by Miscellaneous Productions, Haunted House is a site-specific collaboration that sees these brave souls (aged 15–25) partner with director Elaine Carol to create pieces that reflect memories of incidents from their past that continue to haunt them today.

To help shepherd the youngins along on their respective artistic journeys are professionals from the local artistic community — musician/producer Chin Injeti, singers Dawn Pemberton and Natasha Pheko, choreographers Megan Solis, Sabera Hamid and Shallom Johnson, and composer/musician Cris Derksen.

The finished works include music, experimental theatre, dance and ritual.

There are only four performances, and audiences are limited to 30 people each night. And because the performances take place throughout a historic Edwardian mansion (1447 Barclay St.), five professional performers (the "Ghost Women") will guide the audience from one area of the site to another.

The cast members of the show. CONTRIBUTED

SHOW DETAILS

- Watch Haunted House this Saturday and Sunday as well as Aug. 22 and 23. All shows start at 8:30 p.m.
- Advance tickets only $15.
- Not recommended for kids under 13 years of age.

For more information, visit MiscellaneousProductions.ca

IN BRIEF

Light the FUSE

It's FUSE's 10-year anniversary, and the Vancouver Art Gallery is celebrating by throwing the biggest one yet. It's called FUSE: DISRUPTION and it goes down this Saturday at VAG.

FUSE organizers have teamed up with the 21st International Symposium on Electronic Art (ISEA2015) to feature the works of 50 top local and international artists.

Highlights include a robot made of mud, a remote graffiti drone, a 24-hour James Franco TV channel (finally!), 3D-printed masks that protect identity, death metal music made from the sound of car chases, and much more.

Also, music performances, video projections, art installations and dance activities (that's what the press release says) will be featured outside in the Robson Street plaza and ice rink. Admission: $20 plus tax; Free to VAG members. More information at VanArtGallery.bc.ca.

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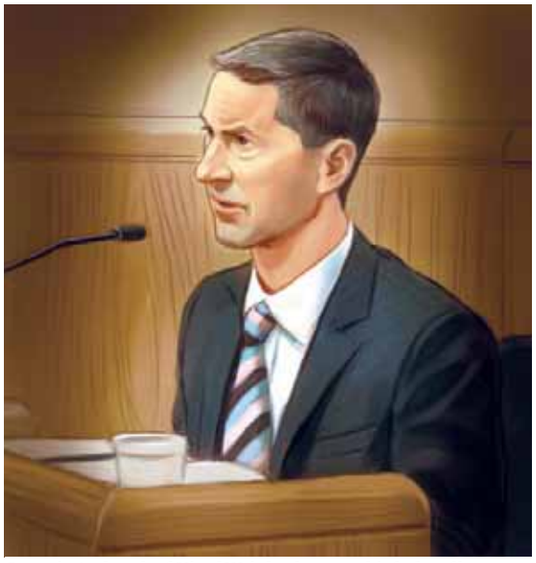

An artist's sketch of Nigel Wright, former chief of staff to Prime Minister Stephen Harper, testifying at the Mike Duffy trial in Ottawa on Wednesday. GREG BANNING/THE CANADIAN PRESS

Harper was briefed, says Wright

SENATE SCANDAL

Witness leads court through Duffy scenario inside PMO

Inside the Prime Minister's Office, they called it the "scenario for repayment" — a plan that would make the Mike Duffy expenses scandal quietly go away, without anyone suggesting the senator had done wrong.

Nigel Wright, the marquee witness at Duffy's fraud, breach of trust and bribery trial on Wednesday, said he didn't tell former boss Stephen Harper that the deal involved someone else paying Duffy's contested expenses.

But several of Harper's closest aides were privy to the drawn-out, often tense negotiations that went on behind the scenes in 2013. Harper was briefed in general, Wright said.

"I told (Harper) that Sen. Duffy was agreeing to repay; I gave him — in very broad terms, not in detail — the media lines," Wright testified.

Duffy has pleaded not guilty to 31 charges in connection with his Senate office, living and travel expenses. Wright's testimony goes to his secret $90,000 repayment of Duffy's expenses, which has been framed by the Crown as being orchestrated by Duffy.

Wright, who flew in from London where he now works, answered Crown attorney Jason Neubauer's questions with long, detailed answers. He recalled dates and specific phone calls and admitted to feeling anger toward Duffy at different junctures — and ultimately regret.

"If it became public, I thought it would be somewhat embarrassing," he said. "But there were a whole lot of connotations associated with it that I didn't really think through. If I had, I might not have done it."

Wright's highly anticipated testimony was accompanied by 426 pages of internal emails that were filed with the court.

From the moment the media began asking about the senator's residency issues in late 2012, Duffy dug in his heels.

The senator filed for expenses on the basis that he was travelling and living away from his "principal" residence in Prince Edward Island, even though he lived most of the time in Ottawa.

He told Wright the Senate rules and forms were not clear and repaying the money would put him at risk of being declared not qualified to sit in the upper chamber.

While Wright said Duffy might have arguably been legally entitled to the expenses, he felt that common sense dictated that he shouldn't claim for expenses for somewhere he "hung his hat at night."

THE CANADIAN PRESS

HEALTH

Foodborne outbreak remains a mystery

Some sort of fresh produce has been making a number of Canadians sick this summer. But with grocery stores a veritable cornucopia of fruits and vegetables, how do public health experts figure out what is to blame?

It isn't easy. In fact, it takes a lot of dogged work to figure out what is the cause of something like the Cyclospora outbreak that has sickened more than 80 people in Ontario, British Columbia, Alberta and Quebec this summer.

And given the fact that it's actually been several weeks since the most recent person to be diagnosed became ill, chances are decent the source of this outbreak is going to remain a mystery.

"At this point in time since nothing's really coming up strongly I suspect that there is diminishing likelihood that we will detect the cause or causes," says Dr. Doug Sider, medical director of communicable disease prevention and control at Public Health Ontario.

Sider says it appeared for a time that the culprit might have been contaminated blackberries, but some of the people who were ill did not eat that type of berry.

Ontario has reported the lion's share of the cases in this outbreak is caused by a parasite called Cyclospora. The bug only infects people, triggering a gastrointestinal illness called cyclosporiasis.

Its presence suggests some human feces came in contact with the produce carrying it. And that suggests what public health folks call poor toileting practices — farm workers defecating in fields or not washing their hands before returning to picking after having a bowel movement, for instance.

THE CANADIAN PRESS

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MANITOBA

Man turns over gun-shaped iPhone case

A Manitoba man has turned his cellphone case over to police after it caused panic on a crowded public beach.

The black case, shaped like a handgun, was tucked in the waistband of the man's shorts on Sunday while he was at Grand Beach north of Winnipeg.

RCMP were called and responded with real rifles and Tasers.

They found the man sitting on the beach with family members, including children, and quickly determined he was only armed with an iPhone.

Sgt. Bert Paquet says the 34-year-old man was questioned and voluntarily gave officers the case for disposal.

He will not face charges.

"While the individual knew this item to be a fake gun, our officers did not," said Paquet.

"Some people do not realize the risks associated with openly carrying or displaying these replicas in a public space. Anyone who owns this type or similar devices should safely dispose of them immediately."

THE CANADIAN PRESS

The iPhone case that caused panic on a beach. HANDOUT

Liberal Leader Justin Trudeau cradles Adalyn Hayes during a campaign visit to the Regina Farmers Market on Wednesday. MICHAEL BELL/THE CANADIAN PRESS

NDP, Grits respond to trial

ELECTION 2015

Leaders take different stances on Duffy case

The NDP wasted little time Wednesday in using the return of Mike Duffy as political leverage against the Conservatives, while Liberal Leader Justin Trudeau seemed to want to wash his hands of it.

With Nigel Wright, Stephen Harper's former chief of staff, on hand to testify at the disgraced senator's trial, Charlie Angus — the New Democrat point man on ethics — was promising to be there to discuss his testimony.

With NDP Leader Tom Mulcair campaigning in Quebec, Angus was also expected to step into the renewed media spotlight to promote an NDP plan to fight corruption in the embattled upper chamber.

Throughout the Senate scandal, Angus has been a gadfly to Harper, who was attending a campaign event Wednesday in B.C. But his leader got things going during a morning appearance in Levis, Que.

There is more at stake than just Wright and the $90,000 he gave Duffy to repay questioned expenses, Mulcair told NDP supporters.

"Nigel Wright may be on the witness stand, but it's Stephen Harper who is on trial," Mulcair said.

"Mr. Harper has time and again said one thing and its opposite during this whole Duffy-Wright affair. And when you say one thing and its opposite, it's quite obvious that both can't be true."

The Conservatives have been convicted of wrongdoing in the last three elections, Mulcair noted. "With a record like this, Canadians can't let Stephen Harper get away with it again."

> **Nigel Wright may be on the witness stand, but it's Stephen Harper who is on trial.**
> NDP Leader Tom Mulcair

Trudeau, however, suggested at a campaign event in Regina that instead of looking at all the mistakes that were made, he wants to move in a different direction — focusing in particular on the economy and the middle class.

"What we see right now is Ottawa is going to be entirely focused on what's coming out of that trial; people are going to be talking about all the things that went wrong with the Harper government," Trudeau said.

"I'm going to be talking about how we fix Canada and how we build a strong economy for the future of Canadians."

The Conservatives are out of steam and out of ideas, and Harper's plan is to stick with a program that hasn't worked, Trudeau said.

"When a plan isn't working, the real risk is sticking with the status quo."

THE CANADIAN PRESS

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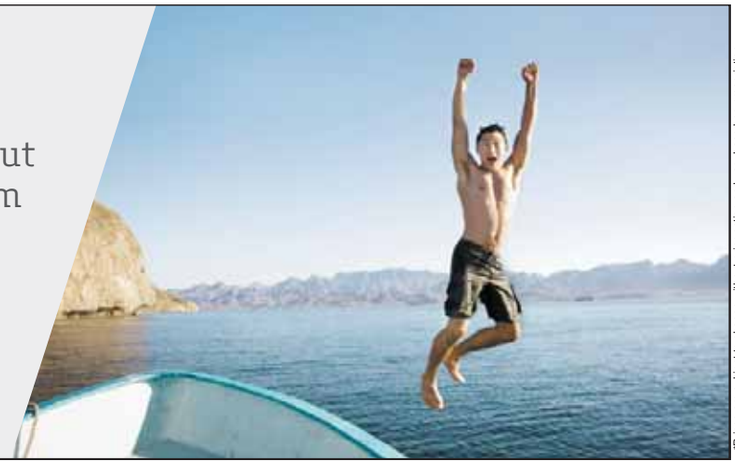

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Croatia's Prime Minister Zoran Milanovic addresses a news conference in Zagreb after ISIL sympathizers circulated a ghastly image on video. THE ASSOCIATED PRESS

Croats in shock over beheading

TERRORISM

Surveyor was abducted by ISIL in Egypt last month

In Tomislav Salopek's hometown Vrpolje in Croatia, residents refuse to believe Wednesday's reports that the 30-year-old surveyor appears to have become the first Croat to be beheaded by the Islamic State of Iraq and the Levant (ISIL).

"No, no, no," Goran Blazanovic kept repeating as he sat in the local café filled with pale and quiet guests who were switching from one news portal to another on their smartphone screens, looking for signs that would give them hope that the reports were mistaken.

"Nothing is proven," Blazanovic insisted. "We hope that he will come back home to his wife and children."

Salopek, who was working with France's CGG Ardiseis, was abducted on July 22 in Egypt and appeared last week on an ISIL video as a hostage demanding Egyptian authorities to free "Muslim women," a term referring to female Islamist prisoners detained in a sweeping government crackdown following the 2013 military ouster of the country's Islamist president.

Then on Wednesday, ISIL sympathizers circulated an image on social media that appeared to show Salopek's beheaded body lying on desert sand with a black ISIL flag and a knife planted next to it. The picture or the information about his execution could not be officially verified.

> **"Nothing is proven ... We hope that he will come back**
> Goran Blazanovic

Addressing the nation, Croatian Prime Minister Zoran Milanovic urged people not to expose their children to the gruesome image and said "we cannot 100 per cent confirm it is true, but what we see looks horrific." THE ASSOCIATED PRESS

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Iranian Foreign Minister Mohammad Javad Zarif speaks during a joint news conference with his Lebanese counterpart at the Lebanese foreign ministry in Beirut, Lebanon, on Wednesday. BILAL HUSSEIN/THE ASSOCIATED PRESS

Iran pushes for peace

SYRIA

Deadly attacks surge ahead of diplomatic meeting

Iran's foreign minister, who negotiated his country's nuclear deal with world powers, discussed ways of ending Syria's civil war with President Bashar Assad in Damascus on Wednesday, as attacks surged around the Syrian capital, killing at least 36 people and wounding dozens.

Stepped-up rebel shelling and government air strikes came just a few hours before Mohammad Javad Zarif arrived in Damascus, where he discussed a four-point proposal Iran wants to offer to the United Nations as a way out of Syria's grinding conflict.

That plan, according to a Lebanese politician familiar with the proposal, includes a ceasefire and a power-sharing government that would keep Assad in the picture, at least for now, pending internationally supervised elections.

Syrian state-run TV quoted Zarif as saying after talks with Assad their discussion focused on ways of ending the Syrian crisis.

"It is time for the other players and our neighbours to take note of reality, listen to the demands of the Syrian people and work for combating extremism and terrorism," Zarif said, referring to the countries backing Syrian rebels.

According to Syria's state news agency, SANA, Zarif stressed that any solution for the crisis should be "far from any foreign intervention and in a way that preserves the country's territorial unity" and independence. But the day's surge in violence underscored the improbability of efforts to bring about a truce anytime soon in a conflict that has killed more than 250,000 people, displaced half the country's population since March 2011 and allowed ISIL to flourish. Assad has lost control over more than half the country by some estimates — much of it now ruled by warlords and militias.

The rebel shelling, which apparently was meant to send a message that Zarif was not welcome in Syria, began around the morning rush hour in Damascus. More than 50 shells struck the city, including in the upper-class neighbourhoods of Abu Rummaneh, Baramkeh and Qasaa.

Five people were killed and dozens were wounded, according to Syrian state TV and the Britain-based Syrian Observatory for Human Rights.

"We hid for two hours in the bathroom," said a resident over the telephone from Qasaa, who spoke on condition of anonymity for fear of reprisals.

Shortly afterward, government warplanes unleashed a wave of air strikes on several rebel-held suburbs of the capital. The Observatory said the air strikes killed at least 31 and wounded more than 120. THE ASSOCIATED PRESS

> **"It is time for the other players and our neighbours to take note of reality, listen to the demands of the Syrian people and work for combating extremism.**
>
> Iranian foreign minister Mohammad Javad Zarif

MIGRATION

Greeks pledge ship to house refugees

Locked in a sunbaked football stadium without food, drinking water or sanitation, about 1,000 refugees queued for hours on Wednesday to register with Greek authorities on the island of Kos, which is now at the forefront of a humanitarian crisis sweeping the financially broken country.

After sending police reinforcements, the government promised to charter a commercial ship to house up to 2,500 immigrants on the island where authorities have been overwhelmed by a spike in arrivals.

Alekos Flambouraris, an aide to the prime minister, said the vessel would be used to provide shelter and check documents.

The order to charter the ship was given after violence broke out in front of a police station on the holiday island, where migrants were lining up to receive temporary residence documents. A football stadium is currently being used to provide shelter for about 1,000 people.

Greece has become the main gateway to Europe for tens of thousands of refugees and economic migrants, mainly Syrians fleeing war, as fighting in Libya has made the alternative route from North Africa to Italy increasingly dangerous. Nearly 130,000 people have arrived since January on the eastern Aegean Sea islands from nearby Turkey — a 750 per cent increase over last year.

Tourism-reliant Kos, which received 7,000 migrants last month and has seen tourist arrivals drop by about seven per cent this year.

Unlike past immigration crises in Greece since the early 1990s, this time the refugees don't want to stay. Their destinations are wealthy countries such as Germany or the Netherlands, and all they seek from Greece is temporary travel papers to continue their trek through central Europe. THE ASSOCIATED PRESS

Kraft Heinz slashing jobs

CUTBACKS

Executives expect to save $1.5 billion in annual costs

Kraft Heinz says it is cutting about 2,500 jobs in the U.S. and Canada as part of its plan to slash costs after the food companies combined.

Spokesman Michael Mullen says the affected workers were to be notified in person. About 700 of the cuts were coming in Northfield, Ill., where Kraft had been headquartered.

The company would not specify where other cuts were taking place but said that all the jobs were salaried. It said none of the job cuts involved factory workers.

The Kraft Heinz Co. said it had a total of around 46,600 employees before the cuts. That included about 1,900 in Northfield.

When the two companies announced the merger in March, Mullen said Heinz had Canadian operations in Toronto and St. Marys, Ont., as well as a small office in Leamington, Ont.

The 2,500 dismissals at Kraft Heinz involve employees in sales, marketing and finance.
PAUL SAKUMA/THE ASSOCIATED PRESS FILE PHOTO

Kraft had around 2,000 Canadian employees, and according to a filing with the U.S. Securities and Exchange Commission, three distribution centres and two manufacturing and processing facilities.

The job cuts are not surprising, given the reputation of the company's management on Wall Street.

CEO Bernardo Hees had already overseen cost-cutting at Heinz since the ketchup maker was taken over in 2013 in a prior partnership between 3G and Berkshire. That means the cuts announced Wednesday mostly affect people on the Kraft side of the business.

> **This new structure eliminates duplication to enable faster decision-making.**
> Kraft spokesman Michael Mullen

Executives say they expect to save $1.5 billion in annual costs by 2017.

In a statement, Mullen said Wednesday the job cuts are part of the company's process of integrating the two businesses and "designing our new organization."

"This new structure eliminates duplication to enable faster decision-making, increased accountability and accelerated growth," Mullen said. He said the savings will free up money to be invested back into the company's products. THE ASSOCIATED PRESS/ WITH FILES FROM THE CANADIAN PRESS

IN BRIEF

Sephora extends presence in Canadian beauty market

The Sephora international chain of perfume and cosmetics stores has opened its first Canadian distribution centre.

The company says the new distribution centre, which employs 82 people, is part of Sephora's efforts to improve shopping from sephora.ca and mobile devices.

It says that a revamped version of its Sephora to Go app will be released in September.

THE CANADIAN PRESS

market minute

DOLLAR 77.08¢ (+0.77¢)

TSX 14,339.53 (-75.14)

OIL $43.30 US (+$0.22)

GOLD $1,123.60 US (+$15.90)

NATURAL GAS: $2.931 US (+8.7¢)
DOW JONES: 17,402.51 (-0.33)

FINANCE

Greece assesses bailout terms

Details of Greece's latest bailout package were being pored over across Europe on Wednesday as Prime Minister Alexis Tsipras insisted the agreement with creditors would put "a definitive end" to the country's economic uncertainty.

Tsipras has called an emergency session of parliament to discuss and vote on the bill, which includes painful tax hikes and spending cuts, in time for a confirmed meeting Friday of the eurozone's 19 finance ministers in Brussels.

The so-called eurogroup has to sign off on the bailout deal — as do a few parliaments — so the funds on offer can be released in time for Greece to avoid defaulting on a big debt repayment to the European Central Bank on Aug. 20. The three-year bailout is worth about 85 billion euros ($93 billion).

Greek PM Alexis Tsipras.
YORGOS KARAHALIS/THE ASSOCIATED PRESS

To restore trust and rebuild confidence they say has been damaged over the past few months, Greece's creditors have insisted that lawmakers approve about 40 pieces of legislation by Thursday, and meet several other conditions by October.

Although Tsipras is facing fierce opposition from hardliners within his left-wing Syriza party over the bailout, the bill is expected to pass in the 300-member parliament as lawmakers in pro-European opposition parties have said they will back the agreement.

THE ASSOCIATED PRESS

ECONOMY

Air Canada's profits soaring

Air Canada is on track to a highly profitable year after posting another record quarter as demand remains healthy despite a weakened Canadian economy.

The country's largest carrier benefited from a drop in fuel prices and higher non-fare charges.

The Montreal-based airline said Wednesday its net profit surged 33 per cent to $296 million in the second quarter. The net income amounted to $1 per diluted share, up from 75 cents per share or $223 million in the second quarter of 2014.

"Demand continues to be robust moving into traditionally our most important quarter given the travel demands and patterns of our North American customers," CEO Calin Rovinescu said Wednesday during a conference call.

He said increased capacity mainly to international routes is propelling profits and allowing the airline to manage events such as the declining Alberta market.

Air Canada's revenue for the three months was $3.414 billion, up $109 million from the second quarter of 2014. This included a $61-million boost that the company attributed to the lower loonie.

THE CANADIAN PRESS

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2011 GMC SIERRA 2500 EXT 4WD	#8337	$25,888
2014 FORD F150 STX 4WD	#8453	$19,888
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2014 DODGE RAM 3500 CREW 4WD "NO MILEAGE"	#5762	$43,995

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2012 ACURA MDX AWD	#6405	$34,888
2013 JEEP GRAND CHEROKEE 4WD	#6084	$26,995
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metro VIEWS
Your essential daily news
Thursday, August 13, 2015

metro's election explainer

This vote could decide the future of the Senate. Here's where the leaders stand.

The trial of Senator Mike Duffy on charges of fraud, bribery and breach of trust has many wondering if it's time to clean house at the upper house. Senators are not elected, but appointed by the Governor General at the direction of the prime minister. They serve until age 75, most of their work is taken up by rubber-stamping the House of Commons' bills. Historically this plum post was used to reward friends and allies of the party in power. It doesn't take a psychic to divine that this system of patronage — though it's baked into the Constitution — will fall further out of favour in the future. It's enough to get leaders to peer into their crystal balls. Here's what they're seeing.

CONSERVATIVES: ABOLISH

The PM is a harsh critic of the Senate, saying 21st-century legislatures ought to be elected. But he says major reform, without consent of the provinces and messy constitutional negotiations, is "off the table." Harper hasn't appointed new senators for more than two years, in a bid to get provinces to initiate change. If that doesn't happen, and he's re-elected, he says he may have to resume appointments to get bills passed.

NEW DEMOCRATS: ABOLISH

Dippers are the most voracious critics of the Senate. They want to see the chamber consigned to history ASAP — even if means getting the provinces on board to pass a certain-to-be-contentious constitutional amendment. The NDP's "Roll up the red carpet" campaign literature notes with derision that all but a handful of the senators Harper appointed before his moratorium were major donors to the Conservative Party. The party also decries that the upper house sits for only 72 days a year at a cost of $116 million to taxpayers.

LIBERALS: REFORM

Liberal Leader Justin Trudeau says the NDP's and Conservatives' prophesying about a future with no Senate is "cynical," "dangerous" and "unrealistic." He argues reopening the constitutional debate — which has been divisive and dragged on for years in the past — could reinvigorate Quebec separatists. Instead, he wants an independent, nonpartisan, "merit-based" panel to appoint senators, a move critics say wouldn't adequately address the problem of patronage.

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

Some health apps work, but do your homework

THE SCIENCE

Stephanie Orford

This September, the federal government is aiming to help you start your fall regimen properly with a new health incentives app called Carrot Rewards.

The $15-million tool, created by Canadian developer Social Change Rewards, provides cash-value incentives for Canadian users who make healthy lifestyle choices (cooking healthy recipes, joining fitness groups).

Carrot is just one of more than 100,000 smartphone health apps out there — and the market is growing. They can be a great way for people to monitor their health, and in some case they can help motivate users to identify issues and treat them.

Calorie-tracking apps like My Fitness Pal help users track their energy inputs and outputs, and indicate whether they're meeting a few key nutritional needs such as protein and vitamin intake.

Clue, a period-tracking app, allows users to record the timing of their period, their pain and other physiological observations, and helps women estimate when they're most likely to get pregnant.

But not all health apps are equal before science.

Last year a study published in breast-cancer journal The Breast found that the vast majority (about 85 per cent) of apps dedicated to breast health were not regulated or created using professional input.

And an earlier study found little evidence attesting to the efficacy of 295 cancer apps.

A 2013 study of women's health apps found that eight out of 10 weight-loss apps were effective at helping their users achieve weight loss, but found little evidence that other types of health apps were effective.

Smartphones are a powerful tool to collect and analyze personal health data inexpensively. They can potentially be used to flag health problems and provide potential preventive solutions.

And they can pre-empt health-care costs incurred by patients who would otherwise put off visiting a doctor until their health conditions were too severe to ignore.

But just because it's a slick smartphone app doesn't mean it's backed by good science. Before you download the app, do the research.

Smartphones are a powerful tool to collect and analyze personal health data inexpensively ... But just because it's a slick smartphone app doesn't mean it's backed by good science.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

ROSEMARY WESTWOOD

metroview

To hear Trump tell it, any fierce woman must be menstruating

If there's one thing Americans will never see under a Trump presidency, it's an apology.

That hasn't stop menstruating women from hounding our orange-topped celebrity politician du jour on Twitter, giving him a play-by-play of their periods, tagged #periodsarenotaninsult.

Earlier this week, Trump faced an onslaught of attacks from fellow Republicans after he suggested Fox News anchor Megyn Kelly asked him pointed questions during a debate because she was PMS'ing.

Trump, favouring truth talk as ever, told it like he sees it: Any woman acting fiercely is obviously on her period.

He's since denied the implications of his words. But regardless, it shows how much women's monthly bleeding still freaks everyone out.

During Thursday's debate, Kelly pressed Trump on his views of women (he's called Arianna Huffington "a dog," others "slobs" and "fat pigs").

Trump, in response, called Kelly a bimbo on Twitter. He told CNN she was a "lightweight" trying to act tough "reading her little script."

"You could see there was blood coming out of her eyes. Blood coming out of her ... wherever."

And that is what it takes to truly ostracize the Republican Party. Republicans slammed Trump "with a vigour not seen during previous controversies during his presidential bid," to quote CNN. He was even disinvited to a major Republican presidential event.

Not for calling Mexicans rapists. Not for his other demeaning comments about women (see above).

Apparently, mentioning a woman's bleeding is the lowest a Republican can go.

I would have considered period activism the province of young feminists learning that periods aren't weird or shameful. But menstrual blood still makes international headlines: Whether you're a marathon runner who got a Q & A with Cosmopolitan for bleeding while running, or you're an Instagram user getting shut down for posting photos of bloody sheets — periods are news.

There are a few ways to slice it. Maybe the spectre of menstrual blood remains extra gross or frightening. Or maybe, "period" is a misogynist code word for women's supposed lack of emotional control.

Sure, what Trump said was despicable. But most of what Trump says is despicable, mostly because he's direct about some despicable points of view other politicians prefer only to imply.

I don't have an answer to this one, but I am wondering: Why are periods the trump card?

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Former NFLer and head trauma advocate Ben Utecht has book deal

Behind the covers of Chip Kidd

GRAPHIC DESIGN

Working on Japanese books brings a new way of seeing

Famed graphic and book designer Chip Kidd has been designing covers for Japanese writer Haruki Murakami's books at Knopf for 20 years.

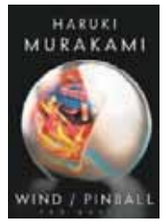
He's visited Japan and has been inspired in part by what he found in the jimbocho antiquarian book section of Tokyo.

"I could spend a couple of weeks there," he told Torstar News Service in an interview, "because you see everything from traditional Japanese bookmaking, then how they were influenced in terms of design by the West ... It's a whole other way of visually thinking. We are left to right and they are right to left."

Here, some more of Murakami's book covers, with comments from Kidd on inspiration, challenges and successes.

TORSTAR NEWS SERVICE

Book designer Chip Kidd in his studio. CONTRIBUTED



Wind / Pinball

I work with a photo-grapher and image-maker named Geoff Spear and we worked on The Wind-Up Bird Chronicle and we worked on Kafka On The Shore. You know he's sort of a magician: I say (to him), "You know I want a giant pinball and we're going to see a reflection of this particular pinball machine in it" and so he did it and it was really great. And we go back and forth and hone it. And then I realized after it was accepted that the image of the pinball machine, of the rocket ship is on the left, and the clear, just the sheen of the chrome is on the right. But the title is Wind/Pinball. But when you look at this it's Pinball/Wind. Then I thought, no, this is perfect, because if you read the image right to left (as you would in Japanese) it is Wind/Pinball.

The Strange Library

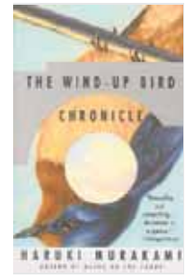
The brief, as it were, on The Strange Library was to make an extremely visual book out of what is essentially a short story and could be conceived as a short story for a younger audience. You know I also have to say that I'm so thrilled that the Canadian publisher Random House Canada has used my designs because they didn't have to. They could have created their own. But they went along with just about everything that I've worked on ... and I really appreciate it.

1Q84

The 1Q84 jacket almost didn't happen because they couldn't find a bindery that would be able to (handle it. The hard cover had an image with a semi-transparent jacket overleaf). It would have had to be done by hand as opposed to by a machine and that would have killed it for obvious reasons — we're talking over 100,000 books. So Andy Hughes (our head of production) found a bindery who was willing to take it on as long as we would give him a quarter inch play in either direction. Sometimes the title lined up perfectly and then sometimes it would shift to the left or to the right. But even if it shifted then you'd get this kind of nice white drop shadow and it wouldn't impede the readability of it.

Colorless

The trickiest by far was Colorless. Our head of production (at Knopf) is a guy named Andy Hughes who's ... just really, really brilliant at figuring out how to get these designs mass produced. But I think with Colorless ... I had a special excitement because the book debuted at No. 1. That was a huge symbolic milestone for him, plus I'm very proud of the design. It's strange, it's abstract, it initially doesn't really appear to mean anything although I was hoping that potential readers would be enamoured of it as an object first, then as you read it you figure out why the design looks the way it does. Then it makes more sense and takes on more meaning.



The Wind-Up Bird Chronicle

It's hard to pick (a favourite) I think that the way we were able to do Wind-Up Bird was really for me, because I was able to involve again my friend Geoff Spear and the cartoonist Chris Ware and blend their work together on this giant wind-up bird. And the way that works with the whole interior was for me a sort of revelation about how to design a novel starting with a deck and then going into the inside and how they work with each other.

After Dark

(My trips to Japan) influenced me a lot especially in terms of just getting to understand the visual culture. There was a Murakami novel called After Dark and I was in Tokyo when I was working on that. I took a photo of a pachinko parlour ... and it was late, it was like midnight or one in the morning. So I took a picture of it and it had these funky glass doors that slid closed just as I was taking the picture. And I got angry. But it turned out that's what we ended up using because it looked so interesting, it looked more interesting than if the doors had been open.

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GABRIEL GARCIA MARQUEZ ASHES MAKE THEIR WAY HOME
An artist in Bogota sits in front of his paintings for sale, including one of Colombia's late novelist Gabriel Garcia Marquez, right, along with paintings of Mexican artist Frida Kahlo, centre, and independence hero Simon Bolivar. The cremated remains of Nobel Prize-winning novelist Gabriel Garcia Marquez are making their return journey home to Colombia and starting in December will be exhibited in the Caribbean city of Cartagena where he began his writing career.
FERNANDO VERGARA/THE ASSOCIATED PRESS

Hay novel shaped by referendum

ELIZABETH HAY

Divided loyalties are at the heart of His Whole Life

Strong personal regrets and a fascination with how Canadians have been shaped by the 1995 Quebec referendum played a role in the genesis of Elizabeth Hay's new novel, His Whole Life.

The story centres on Jim, a young boy who desperately wants a dog.

Hay says she now wishes she got her own son a dog when he really wanted one.

"So I thought in this book I could give the boy a dog and I would have him be extremely attached to Canada," says Hay during a telephone interview from her Ottawa home.

"But it wouldn't be simple because the boy would have a Canadian mother and an American father and there'd be this kind of cross-border division of loyalties in his life."

Hay, who lived in New York with her American husband for six years, dedicates His Whole Life (McClelland & Stewart) to their son and daughter, "reluctant Canadians."

"My son was four and my daughter was seven when I dragged everybody to Canada (in 1992), what for me was home, and I don't think my kids have ever forgiven me for robbing them of New York," she says.

Hay also wanted to write a book in which the mother and son are dominant and the father is a fifth wheel who, in the end, has the last laugh.

As His Whole Life opens, Canadian expat Nan and her American husband George are travelling from New York with their son to a lake in eastern Ontario, as they do every summer.

Ten-year-old Jim asks his parents what is the worst thing they've ever done, a question that resonates throughout the novel.

Nan eventually figures out what her son needs to hear. The reader learns about the boy's "worst thing," though Jim never reveals it to his mother.

"And then the question itself takes a turn," Hay says. "What if the worst thing is also your best thing?

"This is a personal question for Nan: If something that she's done, which at one time she thought was actually a good thing to do, in hindsight is really one of the worst things she's done.

"And it plays on the political level, too, in terms of (former prime minister Pierre) Trudeau in his dealings with Quebec. In bringing the Constitution home without getting Quebec's approval, did he do more harm than good?"

In using the referendum — in which Quebecers voted on whether to form a sovereign state — as a backdrop, Hay portrays a family that's staying together and falling apart at the same time that Canada was in turmoil.

She's long been fascinated by the drama of the 1995 referendum and the whole nature of divided loyalty.

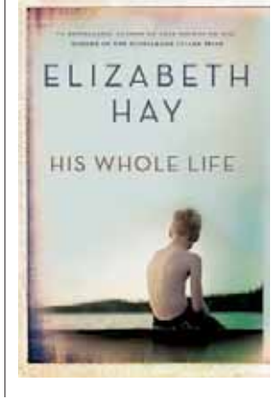
"How often in a country's history do you have a situation where you get to really understand how much you care about a country?" she says.

Hay finds herself caught up in the current political drama as federal party leaders campaign for the Oct. 19 vote.

"I'm worried about the result of this one, but it's fascinating to follow."

THE CANADIAN PRESS

"What if the worst thing is also your best thing?
Elizabeth Hay



Truth is stranger than fiction for Buck 65

BUCK 65

Hip-hop artist and CBC host releases memoir

BOOKWORM

Sue Carter

Driving into Mount Uniacke, a rural community 40 kilometres outside of Halifax, you will encounter a wooden sign welcoming visitors to the "The Home of Buck 65."

Rich Terfry (a.k.a. Buck 65), Mount Uniacke's most famous son, earned the keys to the town: first, as a major-league hopeful with a lightning-fast arm, then as a Juno Award–winning hip-hop artist, a CBC Radio host, and now author. And yet the release of Terfry's memoir, Wicked and Weird: The Amazing Tales of Buck 65, published by Doubleday Canada, has the Nova Scotia native a little nervous about the response back home.

"I wanted to capture the spirit of the place and do it justice, but the tricky part is that a lot of the stuff that happened there was never talked about," he says. "And now I'm talking about it, for everyone to see."

Revealing "a hometown fuelled by secrets" is nerve-racking for sure, but the stories come with a warning. In the book's foreword, Terfry declares that his "imagination remains more reliable than my memory," a sly warning to readers not to believe everything on the page.

Terfry carries out on the weird promise alluded to in the title. In the first half of the book's coming-of-age story, there are Paul Bunyon-esque circus freaks and baseballs thrown so hard they fly into outer space, holes dug halfway to China that swallow up a man.

For those familiar with Buck 65's autobiographically inspired lyrics or his yarn-spinning broadcasts on the CBC Radio program Drive, it's no surprise that the memoir is fuelled by his "taste for the fantastical."

> **The tricky part is that a lot of the stuff that happened there was never talked about**
> Rich Terfry, on his hometown

With Wicked and Weird: The Amazing Tales of Buck 65, Rich Terfry continues in his confessional tradition. HANDOUT

"I got this idea in my head a long time ago that I never wanted to be perceived as boring. No one is ever going to say that guy's a snooze," he says. "I grew up in a family where storytelling was a big part of the culture. Stories became tall tales, and the fish caught become this big," he says, stretching his arms.

But underlying the personal mythology are the darker thoughts of an introverted young man growing up in a rough town, coping with the death of his beloved but volatile mother, a heavy-drinking father, adolescent infatuations and a promising baseball career cut short by physical injury.

The second half of the book reads as something of a confession, recalling Terfry's breakout as a successful music artist, a retreat to Paris and, most importantly, his relationship with ex-wife Claire Barest — who sang on several tracks on his album Secret House Against the World, and whose breakup with inspired his 2014 album Neverlove.

In the past when Terfry has publicly opened up — first through his music (his song Ice, about his mother's death, led to a record deal with Warner Music), and later through social media (earlier this year he admitted on Facebook to creating "a false image of myself"), he's discovered fans willing to listen to his words and empathize.

"It's been scary, and it still is," Terfry says. "But the response has been so good. Opening up to people I've been given so much positive reinforcement, and as time goes on, I felt safer and safer doing it. So it's something that I continue to do."

Sue Carter is the editor at Quill & Quire magazine.

BLACK CHALK

No such thing as just a game

Emily Laurence
Metro in New York

As a puzzle and crossword maker, it's no surprise Christopher Yates enjoys a good game. But his novel Black Chalk takes the idea of friendly competition to a whole new level implying that life itself is a game. "Why else do you think we call ourselves the human race?" the book asks.

"There's a quote I like from Gore Vidal: 'Every time a friend succeeds, I die a little,'" Yates says. "Some people say it's a great quote and really expresses something true. Other people are absolutely mystified. They can't understand the idea of being jealous by someone else's success."

The book is about six friends studying at Oxford University who make up a game. At first the consequences of losing a round are silly. But over time, the consequences become life-altering, at times deeply humiliating and ultimately change the players forever.

"I came up with the idea for the very game with a friend when I was at Oxford," Yates says. "We never played the game, which is probably fortunate. But to a large degree, writing this book was me imagining what would happen if we did play the game."

The structure of the book jumps between present day and the college days in 1991. The narrator is a recluse living in the East Village in New York, and at times, the reader doesn't actually know which one of the characters is narrating the book.

Yates uses various other tricks to keep the reader guessing the whole way through.

"I did a lot of those things as a way to entertain myself while I wrote it," he says. "I think I almost turned the book into some sort of puzzle, even a puzzle for myself."

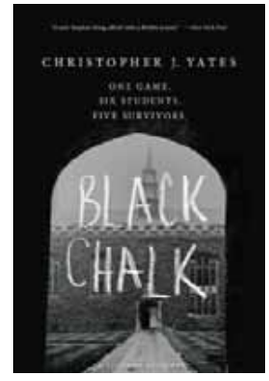
INSIDER INFO

Expert crossword puzzle maker and author Christopher Yates shares his tips for solving the hardest crosswords

1. Three-letter words
"When you make up a crossword puzzle, you are often forced to use obscure three-letter words," Yates says. He suggests Googling "crosswords three letter words" to build a base of the most common ones.

2. Look to the suffix
Yates says if a clue ends in –ing, there's a good likelihood the answer ends in –ing as well. Same goes for –ed. "Just pencil in (the suffix) and see if it helps."

3. Take a break.
Sometimes the best thing you can do is put down the crossword and do something else. "Your brain is still working," he says. Chances are, when you sit back down, an idea will pop in your head.



ANTI-HEROES

Gone Girl writer back in Dark Places

Ned Ehrbar
Metro | Life

When Gillian Flynn sat down to write her novel Dark Places she really, truly tried to centre the story on a less troubled female protagonist, but that just wasn't in the cards. "In the first draft, I was like, 'I'm not going to write another dark female narrator.' And the Libby I created was just ridiculous," Flynn explains. "She was more, 'We're going to solve this murder! Let's go!' Really optimistic. Like a jazzercise instructor. Ludicrous. So I just erased her and started over again, with the opening line of the book: 'I have a meanness inside of me.' Then I really had her."

It may sound crazy, given Flynn's success with novels that portray darkly complicated, complex female characters, but that approach was something of a tough sell early on.

"When I first started writing my first book, Sharp Objects, I was writing it with a little sense of a vacuum of interesting female characters — in particular female anti-heroes," Flynn says. "We got turned down by quite a few places that said, 'Women aren't going to read about a woman they don't like. And men will definitely not want to read about a woman who's bad.' And to me, I was like, 'What era is this?'"

Those publishers are likely kicking themselves now, since Flynn followed Sharp Objects up with the novels Dark Places and Gone Girl. That bestseller became a hit film from David Fincher, starring Ben Affleck and Rosamund Pike and now Dark Places has hit theatres.

Given the success of Gone Girl and with Flynn now seeing Dark Places adapted for the screen, it would be understandable if she started planning out her future books with an eye toward how they might do as movies. But she swears she hasn't.

"I don't think so, but I have not started the next book — don't tell my publisher, that's off the record," she jokes.

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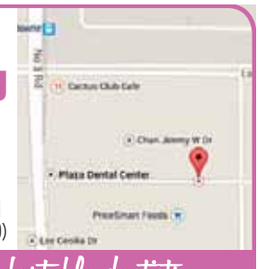

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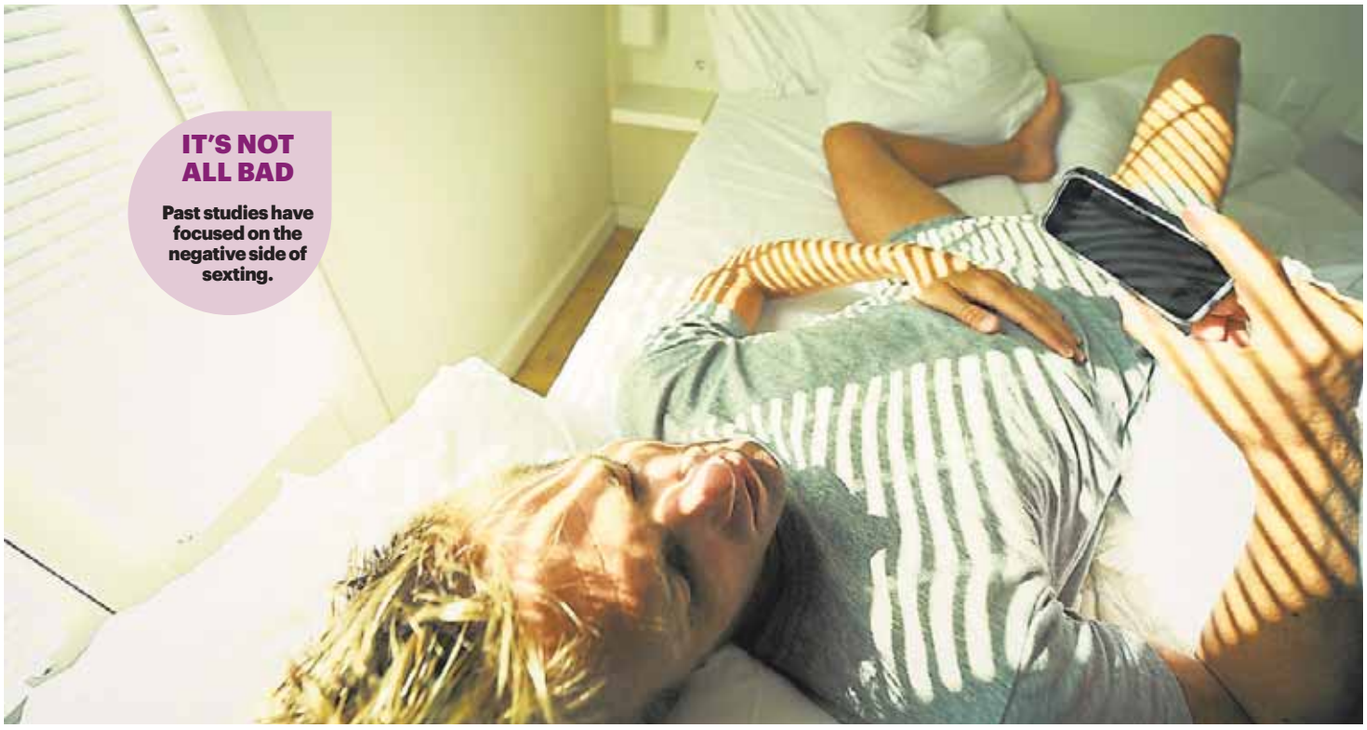
For many couples, sexty time equals sexy time



RESEARCH

Sexting partners have better IRL sex, study says

Couples who send each other sexually suggestive or explicit images by phone, commonly known as "sexting," have better sex, according to a study presented to a psychology convention in Toronto.

The practice is often portrayed as risky, yet American researchers found it is widespread and could actually help couples improve communication and increase intimacy.

"These findings show a robust relationship between sexting and sexual and relationship satisfaction," said Emily Stasko of Philadelphia's Drexel University.

She presented the results of an online survey of 870 Americans aged 18 to 82 at the American Psychological Association's 123rd Annual Convention in Toronto on Saturday.

More than eight out of 10 respondents said they have sexted.

Three-quarters of them sent images to a boyfriend, girlfriend, husband or wife, and associated sexting with better relationship satisfaction.

That increased gratification, however, did not carry over to singles surveyed, nor to respondents who said they were in a "very committed" relationship.

Despite its potential to enhance communication between partners, past studies — and recent headlines — have focused almost exclusively on negative outcomes from sexting.

Some of the best known examples include news last year about phone hacks that led to the leak of nude photos of celebrities including actress Jennifer Lawrence, pop icon Rihanna and top model Kate Upton.

In another notorious sexting case, U.S. lawmaker Anthony Weiner quit the House of Representatives after confessing that he used social media to send sexually explicit pictures of himself to a number of women.

But such highly publicized negative outcomes said Stasko, fail to take into account the upside of sexting, which, when used by a loving couple, can increase the "potential positive effects of open sexual communication with a partner." AFP

IN BRIEF

Study says it's not just one thing that makes you hot

In a quest to determine why certain people exude more sex appeal than others, a new study from Queen's University in Kingston, Ont. suggests it's a question of overall appearance.

"Most previous work on attractiveness focused on the effect of isolated features," says Dr. Nikolaus Troje of Queens University in Canada. "The current study demonstrates how important it is that these features fit together well."

They asked participants to rate the attractiveness of an individual's way of moving and figure. Next, they blended one person's movement with another's body shape. The hybrid walkers were ranked as less attractive than the researchers had predicted.

The research team says it's time to reexamine studies that have broken down attractiveness on a feature-by-feature basis.

"They can also be used to formulate advice to people who are working on improving their own appearance," says Dr. Troje. "What works for one person may not work for another one. If in doubt, just be yourself." AFP

"What works for one person may not work for another one. If in doubt, just be yourself
Dr. Nikolaus Troje, researcher

REST

You should be on vacation right now

It's August, and you should be on vacation. Even if you can only get away for a weekend, you'll improve your health, feel happier and be more productive at work.

It's the beginning of August, and most people around the world have left not just their offices — or their cities — but their countries for weeks, even the whole month, for vacation.

When they come back, holidayers are more productive, feel better and are physically healthier.

Buy some happiness

The good feelings begin well before you set out, Cornell University researchers found.

Reboot your brain

One sure sign you need a vacation: catching yourself wondering how it's the end of the week already every Friday morning. Routine literally lulls the brain to sleep; time feels like it's passing quickly because you're not paying attention to anything.

But when you're about to take a cruise for the first time or zipline through a jungle in South America, it's all hands on deck as your mind tries to process all the new information flooding in.

Natural high

You don't have to commit to hiking for miles to feel better outdoors. Scientists aren't sure why, but we really do feel different when we get out among the trees or into the mountains. There's the biophilia hypothesis, otherwise known as conventional wisdom: Our bodies are simply responding to being useful again in our natural habitat.

Awe's role in health

When's the last time you felt awe? Not just, "Hey, that's cool," but the sensation of being completely overwhelmed by an experience? A study published in February found that feeling awe boosts your health by fighting inflammation.

Reconnect with your partner

Stepping out of your usual routine is great for relationships — it doesn't matter whose turn it is to take out the trash in a hotel room.

EVA KIS/METRO IN NEW YORK

GOSSIP BRIEFS

Stewart not talking about sexuality

During her chat with Nylon magazine, former Twilight star Kirsten Stewart was asked to define her sexuality, but she'd rather not if that's cool.

"I don't feel like it would be true for me to be like, 'I'm coming out!'" she says. "I think in three or four years, there are going to be a whole lot more people who don't think it's necessary to figure out if you're gay or straight. It's like, just do your thing."

NED EHRBAR/METRO HOLLYWOOD

Smith calls out homophobia

Sam Smith took to Instagram this week to put one particular follower that had been harassing him on blast.

"This genuinely doesn't offend me, (because) I'm way too (thick-)skinned when it comes to this kind of s—," Smith writes. "But I just wanted to share this with everyone, so you can see how homophobia is still so present in our society." The account in question, named @gaysamsmith, has five followers and zero posts, with an account description that bashes Smith with homophobic language.

NED EHRBAR/METRO HOLLYWOOD

RELATIONSHIP

Tabloids faze Faris

Anna Faris and Chris Pratt are uncomfortably adjusting to life in the tabloid glare now that Pratt is one of the biggest movie stars in the world. For instance, Faris wasn't too thrilled by a Star magazine report this summer claiming she was worried about Pratt cheating on her with Jennifer Lawrence while they shoot a new movie together.

"For us it was like, 'What the heck?' This has been blindsiding to us. We have an incredible relationship. It's been weirdly stinging," she tells Fox411.

"(That) stung a little bit harder than I thought it would. I have always kind of believed that part of the rumours of celebrity couples were sort of true — because they had never been a part of my life. I thought 'Maybe there is a kernel of truth to that.'"

NED EHRBAR/METRO HOLLYWOOD

HOMES

Swift not buying a castle near her prince

This week in Taylor Swift rumour debunking: The Shake it Off singer is not — I repeat, not — buying a castle in the Scottish countryside to be closer to boyfriend Calvin Harris' family.

The castle in question, the Tower of Lethendy, would cost about $7.2 million but put her just an hour's drive from Harris' family homestead.

But alas: "I'm not actually buying a castle," she tweeted. So there you have it.

NED EHRBAR/METRO HOLLYWOOD

Olsen twins are having a bad week

LAWSUIT

Unpaid intern takes Dualstar to task over brutal hours

IN HOLLYWOOD
Ned Ehrbar

Not cool, ladies. Not cool. Mary Kate and Ashley Olsen are having a less-than-awesome week, as the former child stars are being sued by a former intern, Shahista Lalani, for being overworked with no pay.

Lalani is leading a class-action lawsuit against the twins' company, Dualstar Entertainment, where she worked as an intern in 2012.

"I was doing the work of three interns," Lalani says of her time under the designer for the Olsens' The Row label, according to the New York Post. "I was talking to her all day, all night. Emails at nighttime for the next day — like, 10 p.m. at night. It was, like, 100 degrees outside. I'd just be sweating to death. I probably carried, like, 50 pounds worth of trench coats."

Sounds like someone forgot to watch The Devil Wears Prada before starting her internship.

"You're like an employee, except you're not getting paid," she added. "They're kind of mean to you. Other interns have cried. I'd see a lot of kids crying doing coffee runs, photocopying stuff."

That ... sounds about normal for an internship in the fashion world. Lalani does say that the Olsen twins themselves are totes cool, though: "They're really nice people. They were never mean to anyone."

Oh, and in a great example of corporate shade, a rep for the company simply says, "Dualstar is not aware of this (lawsuit)." Burn.

The twins' company, Dualstar Entertainment, is staying mum over allegations. ALL PHOTOS GETTY IMAGES

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Technology invades classroom

Jennifer Taplin
For Metro

Binders — check. Pencils — check. Mobile tablet — check.

This September, all high school students in the West Vancouver School District are strongly encouraged to bring their devices to school. School-owned devices will be available for students who don't have their own.

"Students bringing their own devices has really been an evolution over the last few years — we started in younger grades and it is now moving through out high schools," said Chris Kennedy, superintendent at West Vancouver Schools.

And just because students have devices in school, doesn't mean they'll always be using them, Kennedy said. It will depend on the classroom activity.

There are arguments to the contrary — distraction and theft — but these are issues young adults are going to have to learn some time, it might as well be in high school.

"Students with digital devices is about being citizens in our modern world," Kennedy said. "Some want to look to see if devices improve scores on standardized tests — we don't. We know that the world our students participate in is digitally rich, so we want to support them in this world at school."

ENGAGEMENT

Karsenti's research showed devices made classroom management more difficult for teachers, but there was an upside: Many teachers surveyed said it makes them better teachers because they are constantly walking up and down the desks and keeping the kids engaged instead of lecturing from a seat in the front of the class.

For years Thierry Karsenti, a University of Montreal professor, has researched the use of technology in classrooms.

"There's a big myth in education that teachers often think students are so good with technology they don't need to teach them how technology works," he said. "The research that is being conducted shows that is completely false."

Students are really good at gaming and socializing on facebook, but they're not very good a using technology to search for information, use a word processor or a dictionary.

"All these skills in 2015 have to be mastered in school," he said.

The idea of BYOD (bring your own device) is very popular, but it has a downside: students are bringing a variety of devices to school making it difficult for teachers to keep the class together, Karsenti said. It's easier for teachers if the school supplies the kids with all the same type devices.

Studies show devices create more learning in the classroom, but it takes time Karsenti said. The first year is usually rough, as kids are highly distracted.

Karsenti's latest research surveying thousands of Canadian students found after a while, students figure out how to let go of distractions.

"After three years what we found there is a significant impact on learning," he said.

Plus, if students learn to look past distractions in high school, they'll be better off and more focused in university.

"We have to learn to live with the device in high school or sometimes before that because if we don't do that, who is going to teach them, who is going to show them how to do that?"

High school students in B.C. are being encouraged to bring their own devices to class this year. SHUTTERSTOCK

The BYOD movement will be huge

Jim Slotta, a researcher at the University of Toronto, said getting students to bring their own devices solves several problems for schools. "If you're not going to be doing (BYOD), you're going to be in the minority of school boards and schools."

It solves the one-to-one computing problem that has plagued educators for decades: whether and when to stock the computer room with laptops.

"The problem is nobody knows what to do with the devices," he said. "They can have all the devices they want but no teachers out there who know what to do with a classroom full of kids with devices. That's going to be a stumbling block."

And into the future, Slotta expects there will be more peer-to-peer technology where tablets will communicate better and network within the classroom. Smartboards will be in more classrooms as will larger multi-touch tablets. "Imagine a 35-inch tablet with three or four people around it touching it," Slotta said.

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Who will you be this year? Be you

A guide to back-to-school shopping

There's nothing like the first day of school, a time to reconnect with friends, make new acquaintances, and of course, show off your new look. Back to school shopping is an exciting time, offering the opportunity to experiment with new trends and personal style.

Here are a few tips that could help you inject your personality into your wardrobe, while taking advantage of all the latest trends, without breaking the bank.

UNDERSTAND WHAT WORKS FOR YOU: If there's one rule to good style, it's about being true to yourself. You are the best judge of what works best for your body type and personal style. Visit Richmond Centre, to try new things and see what's on trend. Don't be afraid to take chances.

GO WITH VERSATILITY: Choose clothes and accessories that work with multiple combinations. Invest in staple items to create a strong base for your wardrobe, like a great pair of jeans or signature boots. Then add less expensive accessories into the mix to spice things up.

SOMETHING OLD, SOMETHING NEW: Not everything you wear during the first week of school needs to be fresh. Mixing old and new clothes will allow you to bring out your flare, without breaking the bank. Besides, some clothes, like a nice leather jacket or a pair of Chucks, often look better with age, so don't be afraid to dress them up with a new top or pants.

SHOP WHERE THERE'S VARIETY: Shopping at Richmond Centre is your one-stop-shop. You can compare stores, sales, and styles while saving yourself time, money, and energy. Visit cfshops.ca to learn about the many shops within Richmond Centre and plan your trip!

But most importantly, be bold. With a new, fresh start, let the outfit you wear set the tone for the entire year. So don't be afraid to show them who you are. #WhoWillYouBe this year? Be you.

CONTRIBUTED

WHO WILL YOU BE THIS YEAR?

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#WhoWillYouBe

metro HOME

Your essential daily news

A lighter look: The Bentley armchair with teak frame exemplifies 'New Scandi' trend in decor

What they're a$king

The average sale price of a Canadian home rose eight per cent in May, to more than $450,000 for the first time ever, according to the Canadian Real Estate Association. Here's a lineup of properties that can be purchased for $400,000 to $500,000.

Duncan McAllister FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.

$464,900

Vancouver

Listed here is a well-maintained, two-storey townhome at 3888 Norfolk St., in Burnaby. The home features an open-concept living and dining room and has a well-appointed kitchen with granite counters, undermount sink and plenty of storage space. It's a convenient central Burnaby location, adjacent to Broadview Park and close to transit and amenities. The unit has an upstairs laundry and comes with one parking stall and a storage locker. The bedrooms are separated from each other for privacy and have a nice window seat detail. Listing agent is Angela Reeves with Royal LePage West R.E.S., 604-897-7033.

$459,900

Halifax

With four levels of living space, this executive home is located on a large lot in the heart of Bedford. The floor plan features plenty of open space and nine-foot ceilings. The kitchen features granite countertops and ceramic flooring. The second level has a large master suite with ensuite, and a generous spare bedroom and office. There's a fully finished basement, built-in sound system and wine cellar. Listing agent is Thomas Bagogloo from the Bagogloo Team, Re/Max nova, 902-830-9006.

$489,900

Calgary

This detached bungalow sold at press time above list price. The Brentwood neighbourhood was recently voted by Calgary's Avenue Magazine as the No. 2 community to live in. This four-bedroom home is situated on a large, sunny lot. The entryway leads to an open-plan living room with fireplace. The huge kitchen has plenty of storage and there's a large dining room. It's within walking distance to schools, shopping, the C-Train and several malls. Bryon Howard is a sales representative for Re/Max House of Real Estate, 403-589-0004.

$399,900

Winnipeg

This is an 1,807-sq.-ft. Cabover Family home, in the North Meadows district. Listing agent Chris Kenny says it was custom-built for its current owners in 2006 with no expense spared. The basement was finished professionally by the builder to ensure consistent quality and flow throughout. There's a gas fireplace and an oversized two-car garage. The fenced backyard has a deck and garden shed. There are four large bedrooms throughout with a sunny kitchen and living room. Kenny is a sales representative with Re/Max Professionals, 204-899-4858.

$457,000

Ottawa

Here's a four-bedroom home in the Riverside Park South area. Listing agent Emad Fadel says that it's a very well-maintained home located in a desirable family-oriented neighbourhood. It features new ceramic tiles and hardwood floors throughout. There are new kitchen cabinets and countertops, a main-level laundry, a recreation room and a landscaped, fenced private yard. The location is close to a park and playground. Amenities are nearby as well as public transit. Fadel is a sales representative with Royal LePage Performance Realty, 613-733-9100.

$489,900

Toronto

Here's a condo suite right downtown, with a one bedroom plus den layout. It's a 710-sq.-ft. floor plan with a 250-sq.-ft. terrace. The suite has unobstructed views of the lake, with floor-to-ceiling windows and a Scavolini kitchen. Included is a parking spot and locker. It's walking distance to the Distillery District and the Yonge subway. The suite includes a stainless steel appliance package and the amenities include visitor parking, concierge, and a rooftop terrace. Listing agent Alex J. Wilson is with Re/Max Condos Plus, 416-996-5181.

$459,900

Edmonton

For sale is an upgraded two-storey home in the Brintnell neighbourhood, located on a quiet crescent, with an open-concept main floor with nine-foot ceilings. The kitchen features a breakfast nook and a dining area. Upstairs, the master bedroom includes a walk-in closet and ensuite. The basement has been soundproofed and roughed-in for home theatre. The lot features professionally finished landscaping and there's an oversized, double garage with an extended driveway. Jeremy Amyotte is a sales representative with Re/Max Elite, 780-232-7170.

Sleep in style

The best in fall 2015 bedding has hit the stores. Here are a few of my favourite ensembles each teamed with two paint colours (all Benjamin Moore paint swatches). Even if you only paint the one wall behind your bed, you'll create a focal point in your bedroom and make your new bedding stand out.

DESIGN CENTRE
Karl Lohnes

Soothing bedding palettes deserve similar wall colours so take your colour cue directly from the bedding.

Barbara Barry Poetical Duvet Cover, $200, BedBathAndBeyond.ca
LEFT: Got a dark room? Choose a light reflective colour like **Silver Mink #1586**
RIGHT: Create a cosy, cocoon-like feeling with **Plymouth Brown #HC-72**

When decorating around boldly coloured bedding, find the most neutral (and easiest to live with) colours for the walls.

Chromatic Circle Duvet Cover Set, $175, Simons.ca
LEFT: Colourful bedding can be swayed towards a masculine style with **Hearthstone 1601**
RIGHT: All colours pop when put against **Raisin Torte 2083-10**

When working with solid colours, look to the fashion runways for fun accompanying colours to paint the walls.

Moncton Duvet Set, $100, EQ3.com
LEFT: Grey and citron create a rich, brassy wall colour to help wake up grey tones. **Ivy League 516**
RIGHT: Sexy, sexy, sexy — that's all I can say about **Tropical Dust 2117-40**

Only working with one colour? Then either choose the exact colour of the bedding to highlight your walls or an opposite colour to complement.

Plum & Bow Rust Medallion Duvet Cover, $89, UrbanOutfitters.com
LEFT: Rust and teal are a winning and fashionable combination. **Bella Blue 720**
RIGHT: Deep rust has returned from the 1970s and this is the one! **RedRock 2005-10**

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STREETSIDE DEVELOPMENTS A QUALICO Company

How to get that homemade touch

INTERIOR DESIGN

Think small, local, and don't be afraid to mix and match, designers say

No matter his client's taste or budget, interior designer Brian Patrick Flynn follows this rule: For every large, manufactured item that he adds to a room, he also includes three handmade pieces.

They might be anything from "patchwork pillows and handwoven throw rugs to a repurposed object made into a table lamp," he says. They could be expensive or totally affordable. The key is they were made by a person, not a machine.

"Handmade objects have become more and more in demand over the past 10 years," says Flynn, of Flynnside Out Productions. "People seem to really love the story behind how things are made," and they want their homes to have the meaning and character that handmade pieces evoke.

With flea market and craft fair season in full swing, we've asked Flynn and two other interior designers — Betsy Burnham of Los Angeles' Burnham Design and Dan Faires, host of HGTV's Dan Made — what kinds of handmade items they seek, where to find them and how to use them in decorating any space.

What works

It's easiest to start small, with handmade accessories. The items on your coffee table might include hand-thrown pottery or hand-painted trays, side-by-side with books and other mass-produced pieces. Handmade candle holders and pillows are also easy to find, as are little sculptures and other small pieces of handmade art.

"Any accessory collection should include organic or handcrafted items because, honestly, who wants shelves full of manufactured knickknacks?" asks Burnham.

Flynn likes to have one or two handmade fabrics in every room — for instance, the artisanal fabric of Zak and Fox, which Flynn says "look like they were made by tribes hundreds of years ago, but somehow they also seem modern."

Handmade ceramics serve to personalize this collection of desktop items.

Where to find it

Flea markets and craft fairs are perfect places to buy handmade or just browse for ideas. And the Internet, of course, has made finding handmade items easy year-round: Etsy.com and UncommonGoods.com are two popular sites, but a quick online search will likely turn up information about local crafters in your area, too.

When you find something, try to discover a bit about its history. Burnham's clients enjoy handmade items more "when they know the provenance and the story behind a piece," she says. They get a further boost knowing they're supporting a particular artist or artisan.

How to use handmade decor

Flynn loves to place objects made from stone or other materials with "organic imperfections" on smooth, machine-perfect surfaces. "When I've got pristine bookshelves to display interesting things," he says, "I love the juxtaposition of a fluid, biomorphic shape with rough texture against something rigid and linear. That creates visual tension, something designers use to add depth."

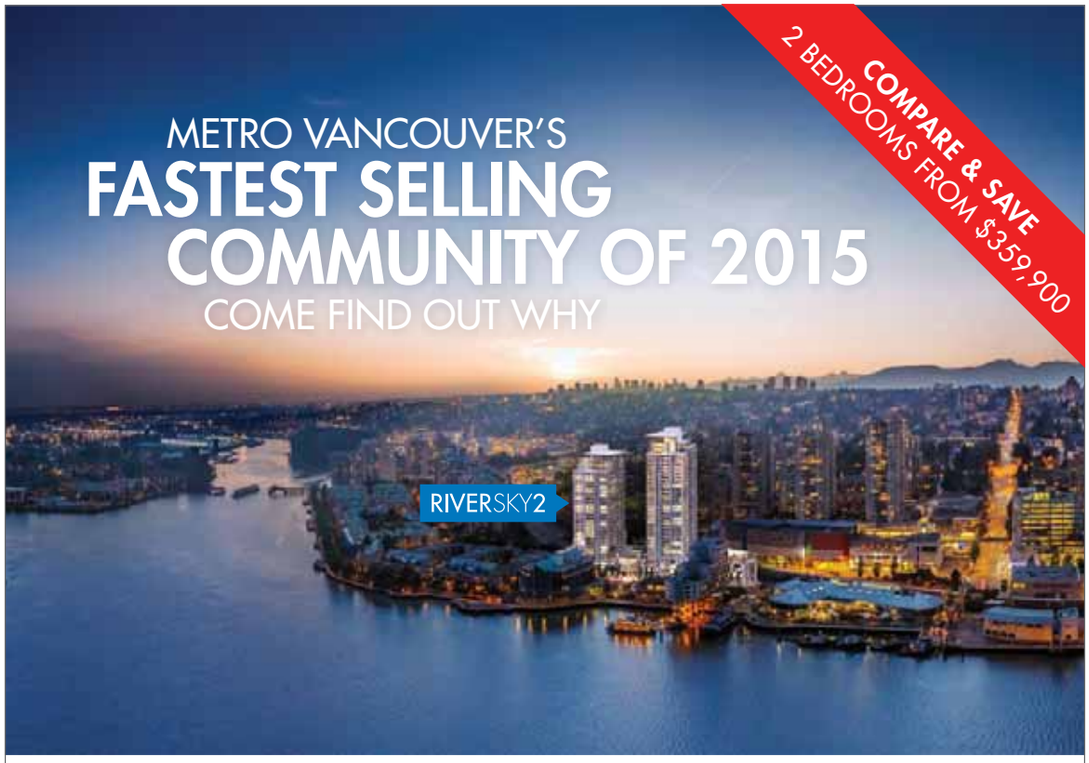
You can also magnify the appeal of something traditional — a classic fireplace mantle, for example — by hanging a colourful, whimsical piece of handmade art over it.

Or make your own partially handmade piece by adding your creativity to a factory-made piece of furniture.

"Sometimes manufactured items are just more affordable and ready right away," Flynn says. "I'll add something unique to them, like hand-blocked wallpaper to the back of bookshelves or locally crafted sconces to a wall covered in 50-cent white subway tile from the home improvement store. It's all about the mix." THE ASSOCIATED PRESS

Two simple, handmade wooden sculptures add a casual charm to a fireplace designed by Burnham Design.

PHOTOS BY BURNHAM DESIGN VIA THE ASSOCIATED PRESS



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Throw some shade

The summer heat is upon us and as much as we like to complain about it, I think most of us are secretly happy we've got some sun. With it comes the responsibility to protect our skin, so here are a few helpful shade sources.

Karl Lohnes FOR METRO CANADA

1 ShelterLogic Sun Shade Sail
Create your own shade system from trees, flagpoles and balconies. Heavyweight 16-ft. square in lime, $108, Walmart.ca

2 Outdoor Window Sheer Curtains
Keep the sun off the porch; Velcro tabs make it easy to take them down and wash. $20, Lowes.ca

3 Balinese Umbrella
Create a royal affair under the sun. $350, Pier1.com

4 Auto-Lift Round Solar-Powered Umbrella
Opens and closes without the need of a crank while boasting solar lights; both controlled by a remote. Nine feet wide, $200, CanadianTire.ca

5 Total Sun Block Beach Shelter
Use while watching a soccer game or hanging out at the beach. $50, BedBathAndBeyond.ca

6 Bayside Octagon Panelized 12' Gazebo
Got room? Create your own shaded outdoor dining room ... or perhaps a performance stage. $5,900, HomeDepot.ca

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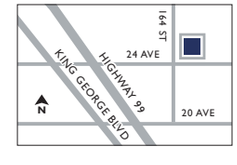


STREETSIDE DEVELOPMENTS A QUALICO Company

metro SPORTS

The Mariners' 10th-inning win Tuesday ensured home teams won all 15 games on the same day for the first time in MLB

Hissey enjoys Jays' surge

BASEBALL

Canadians catcher finding success at the plate

Cam Tucker
Metro | Vancouver

Ryan Hissey can relate to how baseball fans across Canada feel right now.

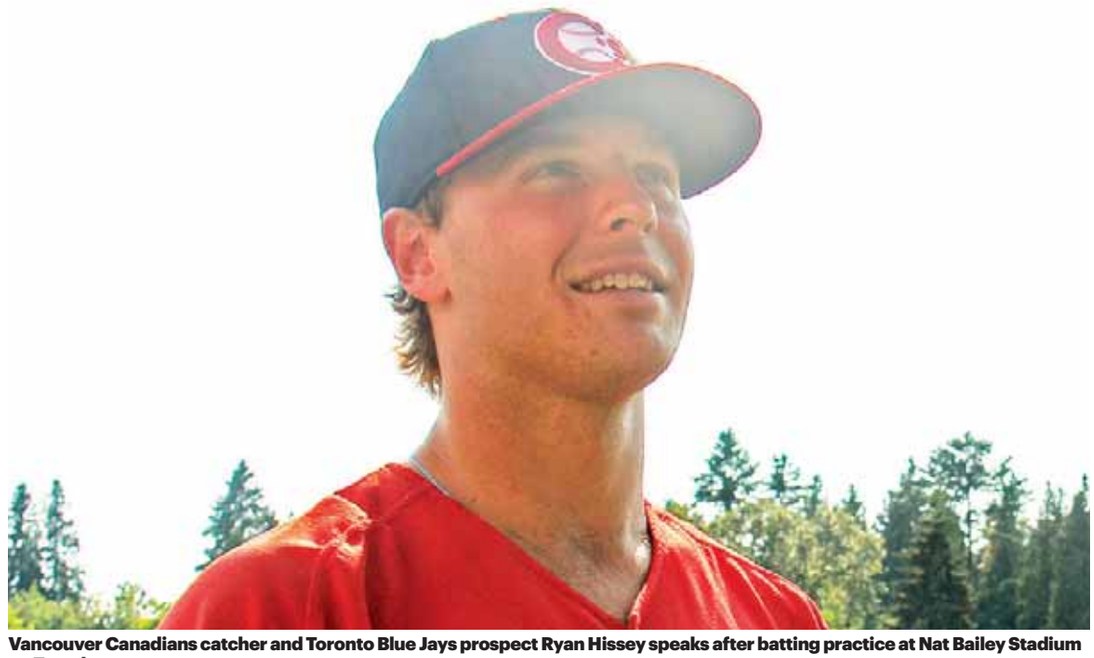
Having grown up in West Chester, Pa., and by virtue of that, a Philadelphia Phillies fan, Hissey remembers those days of getting swept up in the exhilaration of a pennant race as the summer inched closer toward the celebrated season of fall baseball.

Hissey now catches for the Vancouver Canadians and is a prospect of the Toronto Blue Jays, after being selected in the 14th round of the 2015 MLB draft.

In Vancouver, where a strong contingent of Blue Jays fans reside, Hissey can sense the excitement growing, with Toronto leapfrogging the New York Yankees for the American League East lead Wednesday night.

The Blue Jays have climbed the standings on the strength of 10 straight wins and the recent blockbuster acquisitions of Troy Tulowitzki and David Price.

"It's hard not to up here," said the 21-year-old Hissey on Tuesday, when asked if he'd been following the recent success and trade drama of the Blue Jays.



Vancouver Canadians catcher and Toronto Blue Jays prospect Ryan Hissey speaks after batting practice at Nat Bailey Stadium on Tuesday. CAM TUCKER/METRO

"It's a fun organization to be a part of right now."

The Blue Jays haven't made the playoffs since 1993, when they won their second consecutive World Series on Joe Carter's famous home run against the Phillies.

Philadelphia's baseball fans were certainly spoiled not too long ago, with five straight postseason appearances from 2007 to 2011, two World Series appearances in that time and one championship, coming back in 2008, after lifting the curse of William Penn.

"It was so fun," said Hissey, also a Flyers fan.

.847

Hissey's on-base plus slugging percentage with the Canadians

As someone who loves his hockey, his recent meeting Montreal Canadiens forward Brendan Gallagher counts among the highlights of Hissey's time in Vancouver.

But for Hissey, the joys of this summer haven't been restricted to the Jays' surge into post-season contention and meeting an NHL player.

He's enjoyed an impressive start to his pro career, especially since joining the Canadians after a promotion from the Gulf Coast League in mid-July.

In 22 games for Vancouver, Hissey has a .321 batting average with nine doubles in 26 hits.

He's currently enjoying a five-game hit streak, having also hit safely in all but three of his 22 games.

"He's helped us big time on both sides of the ball," Canadians manager John Schneider said.

JUNIOR HOCKEY

Giants star shines for Canada

Vancouver Giants star centre Tyler Benson helped lead Team Canada's offensive outburst in a 9-2 victory over Switzerland on Wednesday at the Ivan Hlinka Memorial Cup U-18 tournament, which is held in Slovakia and Czech Republic.

Benson, who is about to enter his second full season with the Giants in the Western Hockey League, scored once and added three assists to help Canada to its third straight victory at the eight-team competition.

With the win, Team Canada clinched top spot in Group A in the preliminary portion of the tournament.

Selected first overall in the 2013 WHL Bantam Draft, Benson made the Canadian team out of the summer showcase earlier this month.

The U-18 tournament features players that are soon to be draft eligible for the National Hockey League. Benson, who had 45 points in 62 games playing at centre in his first season with the Giants in 2014-15, could be a potential first-round pick next year, after being named to NHL Central Scouting's Futures List back in June. CAM TUCKER/METRO

SEMIFINALS

Team Canada will play Russia in the second of two semifinals on Friday, with the winner advancing to the championship game against either Finland or Sweden.

The Impact's Maxim Tissot, right, challenges Tim Parker of the Whitecaps for the ball in Montreal, Wednesday.
GRAHAM HUGHES/THE CANADIAN PRESS

AMWAY CANADIAN CHAMPIONSHIP

Caps let win slip away in first leg of final

Montreal scored twice within a minute late in the match to give the Impact a 2-2 draw against the Vancouver Whitecaps in the first leg of the Amway Canadian Championship final on Wednesday.

Defender Laurent Ciman scored for the defending champion Impact in the 84th minute and forward Anthony Jackson-Hamel added a second for the home side in the 85th to erase Vancouver's two-goal lead.

Darren Mattocks and Pedro Morales scored for the Whitecaps in the second half.

In Montreal

2	2
WHITECAPS	IMPACT

Because the Canadian Championship is a two-legged aggregate series, Vancouver has the advantage going into the second leg of the final because of its two away goals. The return leg goes Aug. 26 in Vancouver.

The winner will hoist the Voyageurs Cup and advance to the 2016-17 CONCACAF Champions League.

Though Montreal controlled much of the encounter, Vancouver made the most of a counter attack and scored on its second shot of the game.

Poor coverage by the Impact allowed Mattocks to slip in behind Montreal's defenders, and the Jamaican striker deflected Kianz Froese's low cross into the bottom left corner of Eric Kronberg's net.

The Whitecaps doubled their lead in the 72nd. Morales tricked Kronberg on a free kick from a tight angle, slotting the ball between the keeper and the post on the short side.

Ciman got the first goal back for the Impact with six minutes remaining on the clock, heading home a corner kick. With the Saputo Stadium fans still buzzing, substitute Jackson-Hamel connected on a short cross from midfielder Justin Mapp and fired home the equalizer from close range. THE CANADIAN PRESS

Lydia Ko has two victories and 10 top-10 finishes this year ahead of the 2015 CP Women's Open at Vancouver Golf Club. JAN KRUGER/GETTY IMAGES

Returning to the site of her ascent

GOLF

Kiwi highlights field at CP Women's Open in Vancouver

Cam Tucker
Metro | Vancouver

While most teenagers her age were likely enjoying the waning days of summer with school around the corner, Lydia Ko was making history as a 15-year-old amateur golfer.

That was back in 2012, when Ko won the Canadian Women's Open by three strokes at Vancouver Golf Club in Coquitlam, becoming the youngest winner in LPGA history and the first amateur to win since 1969.

Three years later, now 18 years old and a professional sitting second on the LPGA official money rankings, Ko is set to return to Vancouver Golf Club, the scene of her historic victory and launching pad as one of the premier women golfers in the world.

"It was a very memorable week," said Ko in a conference call Wednesday.

"Just to be able to play alongside my role models, it was really exciting for me. That week, I don't know, it just happened. I just tried to enjoy it out there."

The 2015 CP Women's Open runs Aug. 20-23 at Vancouver Golf Club.

The goal that year was initially just to make the cut. She certainly exceeded that, turning in a dominant performance in the final round to win the tournament, defeating those role models of hers in the process.

> **Age really is just a number.**
> Lydia Ko

She headlines this year's tournament along with Canadian teenage golf sensation Brooke Henderson of Smiths Falls, Ont.

Henderson, who has received exemption into next week's event, is only 17 years old, has shown tremendous promise as one of the potential new stars in the women's game.

The field next week will feature 97 of the top 100 female players in the world, said tournament director Brent McLaughlin.

Two of the feature competitors may still be teenagers, but Ko believes factors like age and rankings are furthest from players' minds when they're out on the course.

"Age really is just a number," said Ko, a two-time Canadian Pacific Women's Open champion, with two victories this year and 10 top-10 finishes.

"For me, the cool thing is when I go to tournaments or when the juniors say, 'Hey, you're my role model. I want to be like you.' That really inspires me to even get better just for them."

MLB

10th-straight win puts Jays in first

The Blue Jays moved into first place in the AL East this late in a season for the first time since the second World Series year of 1993 with a 10-3 win over the Oakland Athletics and a Yankees loss in Cleveland on Wednesday night.

2×10

The Jays are the first AL team since the 1977 Royals to post two win streaks of 10 or more games in the same season.

But while fans may be celebrating, the Jays don't have long to enjoy, because they have a day game Thursday and the Yankees visiting Toronto next.

"You can't put the cart before the horse," said winning pitcher R.A. Dickey, who pitched six innings and won his fourth straight. "We've got to keep things in perspective."

Chris Colabello in the first inning and first baseman Justin Smoak in the second, each slammed three-run homers, with Colabello adding an RBI single. Third baseman Josh Donaldson contributed a bases-loaded single for two runs in the second. Catcher Russell Martin also drove in a run in the seven-run second.

TORSTAR NEWS SERVICE

Chris Colabello of the Blue Jays is greeted by Josh Donaldson at home plate after hitting a three-run home run against the Oakland Athletics on Wednesday. TOM SZCZERBOWSKI/GETTY IMAGES

Iwakuma beside Nomo with no-no

Off the bat, Hisashi Iwakuma believed the slicing fly ball was going to find its way to the outfield grass and end his dream of joining an elite pitching fraternity one-out shy.

Hishashi Iwakuma GETTY IMAGES

Then he saw Seattle teammate Austin Jackson sprinting with his glove extended in the air, ready to squeeze the final out and put Iwakuma's name next to Hideo Nomo as the only Japanese-born pitchers to throw a no-hitter.

"I can't find the words to express my feelings," Iwakuma said through an interpreter after the fourth no-hitter in the major leagues this season. "I'm truly happy."

Iwakuma became the first AL pitcher in nearly three years to throw a no-hitter, silencing the Baltimore Orioles in the Mariners' 3-0 victory on Wednesday.

THE ASSOCIATED PRESS

PARAPAN AM GAMES

Routliffe captures second gold in the pool

Tess Routliffe won her second gold medal at the 2015 Parapan American Games as Canada continued its impressive showing in the pool.

The native of Caledon, Ont., swam to a gold medal in the S7 100-metre freestyle Wednesday, while teammate Sarah Mehain of Vernon, B.C., took silver.

It was Routliffe's third medal of the Games, but the 16-year-old said she still learning how to win in the pool.

"Racing, you need to have experience," said Routliffe, a dwarf, who won in a Parapan Am Games record one minute 15.46 seconds. "The experience helps you a lot because you know what you are dealing with, how to handle stress, how to handle competitors.

> **This is just giving me even more experience.**
> Swimmer Tess Routliffe

"The more experience I get, the more energetic I get. I think I'm taking a handle on it."

Routliffe won a silver medal at last month's IPC Swimming World Championships in Glasgow, Scotland. "That gave experience on how to race and how to perform," said Routliffe, who also won gold in the 50-metre freestyle in Toronto. "This is just giving me even more experience."

Mehain, who has cerebral palsy, led for 150 meters before Routliffe overtook her down the stretch. She finished in 1:19.48.

"Down the last 50 I could see Tess catching up, catching up," Mehain said. "Then she was passing me. I said 'Sarah, get your butt in gear.'"

Also Wednesday, Priscilla Gagne of Sarnia, Ont., took silver in the women's under-52-kilogram judo event, beating Argentina's Rocio Ledesma in her final match to finish second in the rankings behind Brazil's Michele Ferreira.

In athletics, Pamela LeJean, of Cape Breton, N.S., won the gold medal in F53-55 women's shot put with a Parapan Am Games record throw of 4.22 metres.

Toronto's Jason Roberts earned gold in F32-34 men's shot put.

THE CANADIAN PRESS

Tess Routliffe, pictured winning the silver medal in the women's SM8 200-metre individual medley on Tuesday in Toronto. DARREN CALABRESE/THE CANADIAN PRESS

Isner's serve too much as Pospisil exits

ROGERS CUP

Canadian out in second round as American hits 15 aces

John Isner's big serve proved too much for Vasek Pospisil, the last Canadian left in the singles play at the men's Rogers Cup.

The six-foot-10 Isner pounded 15 aces en route to a 7-6 (1), 4-6, 6-3 victory over Pospisil on Wednesday night at the $4.1 million US hardcourt event.

Isner, the 16th seed, posted his second win in as many weeks over Pospisil, a Vernon native who fell to the American last week in Washington, D.C. Isner is 10-1 in his last 11 matches overall.

"He served great," said Pospisil. "Even from the baseline he was playing quite well.

"He didn't have any hesitations. That's just a sign of somebody that's won a lot of matches." Pospisil, ranked 45th, reached the semifinals the last time the Rogers Cup was held in Montreal in 2013, but this one ended in the second round despite the support of the packed centre court grandstands at Uniprix Stadium.

"Even walking off the court after the defeat, which was tough, for sure, it was still an incredible crowd. The atmosphere was great," he said.

Earlier, Kei Nishikori followed his tournament victory in Washington, D.C. last week with a 6-3, 6-3 win over Pablo Andujar. The fourth-seeded Nishikori posted his ATP Tour-leading 27th hardcourt win of the year.

David Goffin, seeded 13th, will be Nishikori's opponent in the round of 16 on Thursday after a 6-4, 6-4 win over Sam Querrey.

Rafael Nadal, coming off a win on clay at Hamburg two weeks ago, got his tournament started with a 7-6 (4), 6-3 win over Sergiy Stakhovsky. He next faces Mikhail Youzny, who upset ninth-seeded Gilles Simon 6-1, 6-4.

Nadal, a winner of 14 career grand slam events, has slipped to ninth in the world after an up-and-down year. But back to full health, Nadal hopes to climb back to the top.

THE CANADIAN PRESS

WOMEN'S

Ana Ivanovic beat Belarusian qualifier Olga Govortsova 6-4, 7-6 (4) on Wednesday at on the women's side of the Rogers Cup in Toronto.

Vasek Pospisil had a rough first set and couldn't recover against big-serving John Isner on Wednesday in Montreal.

MINAS PANAGIOTAKIS/GETTY IMAGES

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RECIPE Roasted Corn and Split Pea Salad with Grilled Shrimp

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 25 minutes
Serves 4
Ingredients
- 1/2 cup dry green lentils
- 2 corn cobs (husks removed)
- 8 oz large deveined and shelled shrimp
- 1 cup diced red bell pepper
- 1 cup grape tomatoes, sliced in half
- 2 small baby cucumbers, diced
- 1/3 cup diced red onions

Dressing
- 3 Tbsp lemon juice
- 2 Tbsp olive oil
- 2 Tbsp maple syrup
- 1 tsp minced garlic
- 1 tsp jalapeno (seeds can be used)
- Salt and pepper
- 1/3 cup chopped cilantro or basil

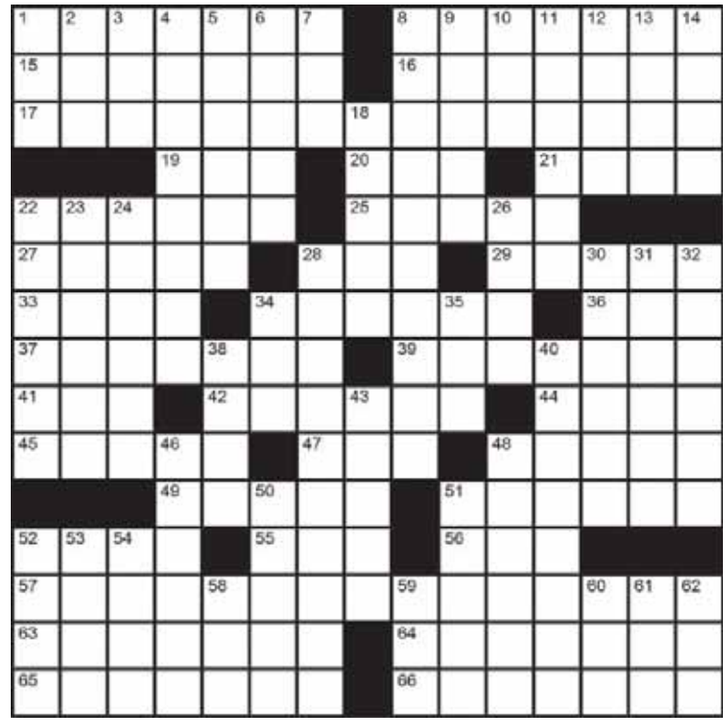
Directions
1. In a pot of boiling water, cook lentils just until tender, about 25 to 30 minutes. Do not overcook. Drain and rinse with cold water. Add to serving bowl.
2. Meanwhile, grill or sauté corn cobs for about five minutes. Cool and cut kernels off corn. Add to lentils.
3. Grill or sauté shrimp until just cooked, about five minutes. Set aside.
4. Add bell peppers, tomatoes, cucumber and onions.
5. Dressing: combine all ingredients and pour over salad. Garnish with shrimp.

Nutrition per serving
- Calories 124
- Protein 12 g
- Carbohydrates 9 g
- Total fat 5 g
- Cholesterol 86 mg
- Sodium 87 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Way to serve apple pie: 3 mots
8. In an unflappable manner
15. Piano performance
16. BC: Skeena River city
17. Annual summer music festival in Ontario, Havelock __ __
19. Minute bit
20. Band's blaster, briefly
21. 'Kind' suffix
22. Kitchen storage area
25. Fern 'seed'
27. Brings up
28. Tilling tool
29. "Vega$" star Robert
33. Great Lake
34. Supper, cute-style
36. "O Sole __"
37. Phones a radio show: 2 wds.
39. Painter (born in 1541 on the island of Crete) of the Opening of the Fifth Seal: 2 wds.
41. Driver's 4x4, commonly
42. "Snow Falling on __" (1999)
44. Mountain stat.
45. "__ firma!" (Land!)
47. Oz Auntie's namesakes
48. Soup scooper
49. Space shadow
51. Holidays, slang-style
52. "Such a shame."
55. Roman Myth: Household deity
56. Shakespearean suffix
57. Bit of "Delta Dawn" by Tanya Tucker who is on the line up for #17-Across: "...say he was a-meeting you here today / To take you to his __ __ __?"
63. Debit card service in Canada
64. Emphasize, as an important point
65. Say again
66. Most brief

DOWN
1. Curve
2. Zodiac sign
3. Prefix with 'puncture'
4. "__ Gypsy": 1973 hit for #8-Down
5. Aquatic mammals
6. Mr. __, Pride and Prejudice gent
7. Cathedral city
8. Band from Calgary set to play at #17-Across (Trivia! Their hits include the song at #4-Down and "Wild Eyes")
9. Musical pace
10. Royal symbol
11. Clothing creases ceaser
12. Concern
13. Hotshots
14. Sheltered sides
18. Mr. Bateman
22. Chopped ahead of time
23. Get the drink to fizz
24. Hammer user
26. Ladder step
28. Deterrent/progress obstruction [var. sp.]
30. Shoes collector Ms. Marcos
31. Actress Ms. Tyson
32. Horse feet
34. Flatline
35. Elles opposites
38. Con
40. Those with their arms extended trying to grasp something
43. Canada's motto: '__ Usque Ad Mare'
46. __ apple
48. Make frothy with soap
50. Belly swelling
51. Chevrolet car since 1953, cool-style
52. Mideast chieftain, variantly
53. Street for Lois?
54. Industrious insects
58. Mr. Gershwin
59. Baby bug
60. Freelancer's encl.
61. Chess pieces, e.g.
62. Nevertheless

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
This may be the most productive time of the year for you but before you take on a new project make sure you know what is involved and what you will be expected to invest in the way of time, energy and money.

Taurus April 21 - May 21
The less you reveal about your true intentions today the better. You might be tempted to brag about your plans but if you do you are likely to regret it. Keep them to yourself.

Gemini May 22 - June 21
Focus your attention on one specific thing today. It may not be easy but it must be done if you want to get an important task finished before the weekend.

Cancer June 22 - July 23
Don't be tempted to change your ways just to keep up with the latest fads and fashions. Yes, of course, the old ways are not always the best but, on this occasion they are the safest.

Leo July 24 - Aug. 23
No matter how hard you try to engage certain people in conversation today you won't succeed. Don't take it personally — they have so many things on their plate at the moment.

Virgo Aug. 24 - Sept. 23
It may seem as if you have been working hard for no good reason but don't give up on it yet because some kind of breakthrough is imminent. If you turn back now you will never know what might have been.

Libra Sept. 24 - Oct. 23
Something you have been looking forward to may have to be pushed back, but later you will realize the delay was a blessing in disguise. More preparation is needed.

Scorpio Oct. 24 - Nov. 22
It will annoy you when a friend or work colleague gets something wrong because they have not done their homework. Let them know in subtle ways that they have let themselves down.

Sagittarius Nov. 23 - Dec. 21
Some of life's lessons are easier to learn than others. Bear that thought in mind today. Any lessons you learn now will pay for themselves before the month is through.

Capricorn Dec. 22 - Jan. 20
Be cautious when doing business with people you don't know and cannot completely trust. Someone who seems honest may be trying to trick you. Don't you dare fall for it.

Aquarius Jan. 21 - Feb. 19
Your patience may be wearing thin with a certain individual but don't lose your temper. It could be that they have serious problems they are trying to hide behind a brave face.

Pisces
Feb. 20 - March 20
There is no point blaming yourself for something that went wrong — it was bound to happen. Start rebuilding. This time, make sure the foundations are strong.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3			6		7			8
		5	4			2		
	1						7	
6							3	2
				4				
7	5							4
	9						1	
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2			5		1			3

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